

COST OF THE THRIFTY FOOD PLAN FOR ONE MONTH
A Case Study to Illustrate the Use of GROCR

by

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To demonstrate the use of the Computer Shopping List Program, GROCR, developed at Virginia Polytechnic Institute and State University, and accessible through the Computerized Management Network, the menus and shopping list developed as a sample for the Thrifty Food Plan were used. The cost of food for the sample family for one week was estimated for August, 1980 using the Consumer Price Index for food at home for that month and USDA published data for May, 1980. Two sets of data were run on the GROCR program; one using the GROCR price list (which, according to the print-out, was last updated 1/15/77) and one using Columbus, Ohio prices for the last week of August, 1980, which were obtained from one supermarket chain. Where only one choice is available the store brand price was used. This is one of the good features of GROCR--it has the capability for using local prices.

Some assumptions were necessary in doing this cost analysis. GROCR has about 300 food items in the program. Not all of these are on the shopping list for the Thrifty Food Plan; neither are all the items needed for the Thrifty Food Plan on the GROCR list. Thus, it was assumed those items not on the GROCR list were on hand. Another assumption was that a family using the Thrifty Food Plan would buy just what was needed for each week, thus the

*The Thrifty Food Plan, Sample Meals for a Month, CFE (Adm.) 327, Consumer and Food Economics Institute, Agricultural Research Service, U.S.D.A., November, 1975.

smallest size package to meet the weekly serving needs was used. In some instances this was not the most economical way to purchase the item. Allowances were made for product that was partially used one week, and the remainder another. The quantity left in some instances could be used in place of the products in the menus which were not on the GROCR list.

While GROCR may have use as a teaching tool, it is cumbersome to work with, and requires much planning of menus and shopping list. Not many families would choose to do all the detailed planning necessary. As there are included on the GROCR list various sizes of the same commodity, as well as national and store brands in many instances, for teaching purposes, this would enable one to see the difference in cost of the same basket of food items, using different size packages, different brands and different forms. The program also will indicate whether enough servings in each of the food groups are included, and at the end of each food group, indicates how much of your budget has been spent and how much money you have left.

GROCR is relatively expensive to run. If you need the Grocery Shelf Generator List, or TPGRO, and the program explanation, cost will approach \$25.00. To run only GROCR, cost is approximately \$7.00. These charges are in addition to telephone charges.

Attached are the work sheets for all four weeks, the TPGRO shopping list, with an additional column showing local prices which were used, and the print-out for the first week.

Acknowledgements: The generous cooperation of Mr. Sam Saporito, General Merchandiser, Big Bear Stores, Inc., Columbus, Ohio and his secretary in providing the local price data is much appreciated. Many thanks go also to M. Annie Berry, Ohio Cooperative Extension Service, who ran the programs.

Table 1

Cost of the Thrifty Food Plan for a Family of 4, Using TPGRO Price List,
August, 1980^a

week	Milk	Meat	Vegetable- Fruit I	Vegetable- Fruit II	Vegetable- Fruit III	Breads and Cereals	Misc.	Total
1	7.69	11.58	4.07	.35	9.38	7.84	15.29	56.20
2	7.58	10.41	1.55	.35	8.49	6.12	5.52	40.02
3	5.69	10.45	3.27	.35	7.79	5.58	5.47	38.60
4 ^b	9.70	16.60	4.98	.35	9.59	7.85	7.27	56.34
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Total	30.66	49.04	13.87	1.40	35.25	27.39	33.55	\$191.16

^a Estimated cost of food for sample family, August 1980 - \$58.50 for Thrifty Food Plan.

^b Week 4 had 10 days, thus estimated cost of \$83.50

^c Estimated cost of food for the month was \$259.00 for Thrifty Food Plan.

Table 2

Cost of the Thrifty Food Plan for a Family of 4, Using Columbus, Ohio
Price List, August 1980^a

Week	Milk	Meat	Vegetable- Fruit I	Vegetable- Fruit II	Vegetable- Fruit III	Breads and Cereals	Misc.	Total
1	11.35	18.68	4.93	.39	9.65	8.89	18.41	72.48
2	11.35	17.57	1.46	.39	9.62	7.99	5.70	54.08
3	8.08	15.15	3.45	.39	7.70	7.22	4.97	46.96
4 ^b	12.33	24.78	5.21	.39	9.61	10.27	8.82	71.41
Total	43.11	76.18	15.05	1.56	36.58	34.37	37.90	244.93

^a Estimated cost of food for sample family, August 1980--\$58.50 for Thrifty Food Plan

^b Week 4 had 10 days, thus estimated cost of \$83.50

^c Estimated cost of food for the month was \$259.00 for Thrifty Food Plan

PERIOD I (7 DAYS): FOOD FOR A FAMILY OF FOUR ^{1/}

Meat and Meat Alternates

Ground beef, regular	.50 lb
Liver, beef or pork	.67 lb
Pork picnic, cured, bone-in	3.25 lb
Chicken, fryer, whole	2.50 lb
Bologna	6 oz
Tunafish, chunk-style	6-1/2 oz
Eggs, large	13 eggs
Peanut butter	7 oz
Split peas, dry	9 oz
Kidney beans, canned	1 lb

Milk, Cheese, and Ice Milk

Milk, fluid, whole	5 qt
Cheese, American process	18 oz
Ice milk	1 qt
Nonfat dry milk (7-1/2 qt)	1-1/2 lb

Vegetables and Fruits

Fresh: ^{2/}	
✓ Cabbage	1 lb 4 oz
✓ Carrots	8 oz
Celery	14 oz
Lettuce (1 head)	1 lb
Onions	13 oz
Potatoes	5 lb 5 oz
Tomatoes	1 lb
Apples (6 med)	2 lb
Bananas (6 small)	2 lb
Oranges (2 med)	11 oz
Pears (4 small)	1 lb
Plums (6 small)	12 oz

Canned:	4 oz -
Pickles	1 lb
Green beans	1 lb
Peas	1 lb
Tomatoes	1 lb
Peaches	29 oz

Frozen:	
Broccoli	10 oz
Mixed vegetables	10 oz
Orange juice, concentrate	12 fl oz

Dry:	
Raisins	3 oz

Breads, Cereals, and Cereal Products

Flour, enriched	1 lb 2 oz
Gingerbread mix	14 oz
Muffin mix	7 oz
Pancake mix, complete	7 oz
Cornmeal, enriched, self-rising	10 oz
Rolled oats (oatmeal)	5 oz
Farina, enriched	6 oz
Ready-to-eat cereal	18 oz
Macaroni, enriched	13 oz
Rice, regular	7 oz
Bread, white, enriched (83 sl)	4 22-oz loaves
Refrigerator biscuits	8 oz
Saltine crackers	4 oz
Graham crackers	5 oz
Pound cake	1 lb
Cookies	1 lb
Chicken rice soup, condensed	10-1/2 oz

Fats and Oils

Margarine	18 oz
Vegetable oil	6 fl oz
Shortening	5 oz
Salad dressing, mayonnaise type	5 fl oz
Salad dressing, french	3 fl oz

Sugars and Sweets

Granulated sugar	1 lb 12 oz
Brown sugar	2 oz
Flavored gelatin, dry mix	2 3-oz pkg
Pudding, dry mix	1 4-oz pkg
Pudding, vanilla, dry mix regular	1 4-oz pkg
Jelly	6 oz
Sirup	2 fl oz

Other Food ^{3/}

Coffee, tea	
Lemon juice	
Baking powder	
Bouillon, chicken	
Spices	
Flavorings	

- ^{1/} Average food needs for 4-person households following the thrifty food plan.
- ^{2/} Substitute other fruits and vegetables in season if they are better buys than those shown.
- ^{3/} Purchase as needed to use in recipes and for preparation of other foods.

PERIOD 1 (7 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange juice (2 c) Eggs (4) Pancakes Sirup (4 T) Beverage	Orange juice (2 c) Oatmeal (2 c dry) Toast (4 sl) Beverage	Bananas (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Pears (4), quartered Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Oranges (2), halved Farina (1 c dry) Toast (4 sl) Beverage	Cinnamon peaches (2 c) Ready-to-eat cereal (6 oz) Coffee cake* (1/2 cake) Beverage
L U N C H	Baked picnic shoulder* (slightly more than 1/3 of 3-1/4 lb roast) Scalloped potatoes Green beans Refrigerator biscuits Ice milk (2 c) Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Celery sticks (1 c) Apples (4) Beverage	Split pea soup* Saltine crackers (20) Plums (6) Pound cake (1/3 cake) Beverage	Peanut butter (8 T) & jelly sand- wiches (5 sand) Carrot strips (3/4 c) Bananas (4) Beverage	Tuna and macaroni* Celery sticks (1 c) Gingerbread (1/2 cake) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Apple-raisin slaw (1/2 salad) Gingerbread (1/2 cake) Beverage	Chicken rice soup Bologna (6 oz) sand- wiches (5 sand) Pickles Beverage
D I N N E R	One-pan macaroni & cheese* Gelatin salad (with celery, dressing) Toast (4 sl) Pound cake (1/3 cake) Beverage	Ham hash* Steamed cabbage (1/2 head) Cornbread (1/2 pan) Pound cake (1/3 cake) Beverage	Chicken pie with vegetables* Lettuce and tomato (1/2 lb) salad with dressing Cornbread (1/2 pan) Ice milk (2 c) Beverage	Ham, cheese, and rice* Peas Sliced tomatoes (1/2 lb) Muffins (6) Pudding Beverage	Creamed chicken* Toast (4 sl) Mashed potatoes (4 med) Apple-raisin slaw* (1/2 salad) Beverage	Liver and onions* Parslied potatoes (4 med) Broccoli Bread (4 sl) Rice pudding* Beverage	Chili con carne with beans and maca- roni* Lettuce salad with dressing Bread (4 sl) Gelatin with 1 c peaches Beverage
S N A C K	Cookies	Cinnamon toast (6 sl)	Graham crackers (12)	Toast (6 sl) and jelly	Cheese (4 3/4-oz sl) and saltine crackers (20)	Graham crackers (8) and peanut butter (4 T)	Coffee cake (1/2 cake)

* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses (). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

PERIOD II (7 DAYS): FOOD FOR A FAMILY OF FOUR ^{1/}

Meat and Meat Alternates

Beef, chuck roast, bone in	4.00 lb
Ground beef, regular	1.34 lb
Chicken, fryer, whole	2.25 lb
Frankfurters	1.00 lb
Eggs, large	15 eggs
Lima beans, baby, dry	5 oz
Peanut butter	8 oz
Beans in tomato sauce	1 lb

Milk, Cheese, and Ice Milk

Milk, fluid, whole	5 qt
Cheese, American process	19 oz
Ice milk	1/2 gal
Nonfat dry milk (7-1/2 qt)	1-1/2 lb

Vegetables and Fruits

Fresh: ^{2/}	
✓ Carrots	12 oz
Celery	12 oz
Lettuce (1 head)	1 lb
Onion	15 oz
Potatoes	5 lb 10 oz
Apples (6 med)	2 lb
Peaches (4 small)	1 lb
Plums (8 small)	1 lb

Canned:

Mixed vegetables	1 lb
Sauerkraut	1 lb
Tomatoes, stewed	1 lb
Tomato sauce	8 oz
Tomato paste	6 oz
Pear halves	1 lb

Frozen:

Corn	10 oz
Collards	10 oz
French-fried potatoes	9 oz
Orange juice, concentrate	12 fl oz
Apple juice, concentrate	6 fl oz

Breads, Cereals, and Cereal Products

Flour, enriched	1 lb 11 oz
Pancake mix, complete	7 oz
Muffin mix	7 oz
Cornmeal, enriched, self-rising	10 oz ^{OK}
Rolled oats (oatmeal)	5 oz ^{OK}
Farina, enriched	6 oz
Grits, enriched	6 oz
Ready-to-eat cereal	18 oz
Macaroni, enriched	12 oz
Spaghetti, enriched	6 oz
Rice, regular	7 oz ^{OK}
Bread, white, enriched (88 sl)	4 22-oz loaves
Refrigerator biscuits	8 oz
Doughnuts (12)	12 oz
Saltine crackers	6 oz
Graham crackers	4 oz
Cookies	1 lb
Noodle soup, condensed	10-1/2 oz

Fats and Oils

Margarine	19 oz
Vegetable oil	7 fl oz
Shortening ^{OK}	8 oz
Salad dressing, mayonnaise type	5 fl oz
Salad dressing, french ^{OK}	3 fl oz

Sugars and Sweets

Granulated sugar	15 oz
Brown sugar	15 oz
Flavored gelatin, dry mix	2 3-oz pkg
Pudding, dry mix, regular	1 4-oz pkg
Sirup	4 fl oz
Jelly	6 oz

Other Food ^{3/}

Coffee, tea ^{OK}	
Bouillon, beef	
Garlic, clove	
Vinegar	
Mustard, prepared	
Baking powder ^{OK}	
Baking soda	
Worcestershire sauce	
Catsup	
Spices	
Flavorings	

- ^{1/} Average food needs for 4-person households following the thrifty food plan.
- ^{2/} Substitute other fruits and vegetables in season if they are better buys than those shown.
- ^{3/} Purchase as needed to use in recipes and for preparation of other foods.

PERIOD II (7 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange juice (2 c) French toast* Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Doughnuts (4) Beverage	Peaches (2), sliced Grits (1 c dry) Cinnamon toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Pan-fried potatoes (3 med) Toast (4 sl) Beverage	Peaches (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Apple juice (2 c) Farina (1 c dry) Toast (4 sl) Beverage	Apples (2), quartered Pancakes Sirup (4 T) Beverage
L U N C H	Beef pot roast* (slightly more than 1/3 of 4 lb roast) Gravy Mashed potatoes (4 med) Mixed vegetables Bread (4 sl) Ice milk (2 c) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Macaroni salad (1/2 salad) Baked apples* Beverage	Frankfurters (5) Sauerkraut Bread (5 sl) Oatmeal cookies Beverage	Beef macaroni soup* Saltine crackers (20) Plums (8) Beverage	Noodle soup Peanut butter (5 T) and jelly sand- wiches (5 sand) Carrot sticks (3/4 c) Graham crackers (8) Beverage	Frankfurter bean soup* Saltine crackers (20) Oatmeal cookies Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Gelatin (with apple juice and celery) Meringue pie (1/2 pie) Beverage
D I N N E R	Beans in tomato sauce Macaroni salad* (1/2 salad) Pear halves Corn bread (1/2 pan) Gelatin Beverage	Beef stew I with vegetables* Cornbread (1/2 pan) Ice milk (2 c) and oatmeal cookies* Beverage	Beef pie with vegetables* Refrigerator biscuits (4) Lettuce wedges with dressing Peanut butter cake* (1/3 cake) Beverage	Fried chicken* Rice (1 c dry) Gravy Corn Bread (4 sl) Peanut butter cake (1/3 cake) Beverage	Beef patties* Baked potatoes (4 med) Stewed tomatoes Muffins (6) Ice milk (2 c) Beverage	Cheese rarebit* Toast (6 sl) French-fried potatoes Collards Meringue pie* (1/2 pie) Beverage	Spaghetti with meat sauce* Tossed salad (lettuce, car- rots, dressing) Bread sticks* Ice milk (2 c) Beverage
S N A C K	Doughnuts (4)	Bread and jelly sandwiches (4 sand)	Cheese (4 3/4-oz slices) and saltine crackers (20)	Doughnuts (4)	Peanut butter cake (1/3 cake)	Graham crackers (8)	Ready-to-eat cereal (6 oz)

* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses (). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal and coffee may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

PERIOD III (7 DAYS): FOOD FOR A FAMILY OF FOUR 1/

Meat and Meat Alternates

Beef, chuck steak, boneless	1.25 lb
Ground beef, regular	2.00 lb
Dried beef	3 oz
Liver, pork or beef	.67 lb
Pork sausage, bulk	1.00 lb
Vienna sausage, canned	4-1/2 oz
Fish, fillets	1 lb
Eggs, large	14 eggs
Peanut butter	10 oz
Beans in tomato sauce	1 lb
Blackeye peas, dry	1/3 lb

Milk, Cheese, and Ice Milk

Milk, fluid, whole	5 qt
Cheese, American process	17 oz
Ice milk	1 qt
Nonfat dry milk (7-1/2 qt)	1-1/2 lb

Vegetables and Fruits

Fresh: 2/	
Carrots	8 oz
Celery	13 oz
Cucumber	7 oz
Green pepper	1 pepper
Collards	10 oz
Lettuce (1 head)	1 lb
Onion	9 oz
Potatoes	5 lb 5 oz
Tomatoes	8 oz
Apples (6 med)	2 lb
Bananas (5 small)	1 lb 11 oz
Oranges (3 med)	1 lb
Peaches (4 small)	1 lb
Plums (8 small)	1 lb

Canned:

Beets	1 lb
Green beans	1 lb
Tomato paste	6 oz
Tomatoes	1 lb
Fruit cocktail	29 oz

Frozen:

French-fried potatoes	9 oz
Mixed vegetables	10 oz
Orange juice, concentrate	12 fl oz

Breads, Cereals, and Cereal Products

Flour, enriched	1 lb 9 oz
Pancake mix, complete	7 oz
Gingerbread mix	14 oz
Cornmeal, enriched, self-rising	9 oz
Rolled oats (oatmeal)	9 oz
Farina, enriched	6 oz
Ready-to-eat cereal	12 oz
Noodles, enriched	4 oz
Rice, regular	1 lb 2 oz
Bread, white, enriched (88 sl)	4 22-oz loaves
Refrigerator biscuits	8 oz
Saltine crackers	4 oz
Graham crackers	4 oz
Cookies	1 lb
Pound cake	1 lb
Chicken noodle soup, condensed	10-1/2 oz

Fats and Oils

Margarine	19 oz
Vegetable oil	9 fl oz
Shortening	4 oz
Salad dressing, french	3 fl oz
Salad dressing, mayonnaise type	3 fl oz

Sugars and Sweets

Granulated sugar	1 lb 12 oz
Brown sugar	1 oz
Flavored gelatin, dry mix	1 3-oz pkg
Pudding, dry mix	1 4 oz-pkg
Sirup	4 fl oz
Jelly	6 oz

Other Food 3/

Coffee, tea	
Meat tenderizer	
Baking powder	
Bouillon, beef	
Lemon juice	
Worcestershire sauce	
Vinegar	
Catsup	
Mustard, prepared	
Bread crumbs	
Spices	
Flavorings	

- 1/ Average food needs for 4-person households following the thrifty food plan.
- 2/ Substitute other fruits and vegetables in season if they are better buys than those shown.
- 3/ Purchase as needed to use in recipes and for preparation of other foods.

PERIOD III (7 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange juice (2 c) Eggs (4) Toast (6 sl) Beverage	Bananas (4) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Oatmeal (2 c dry) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Peaches (2), sliced Ready-to-eat cereal (6 oz) Oatmeal muffins (6) Beverage	Oranges (2), quartered Pancakes Sirup (4 T) Beverage	Peaches (2), sliced Farina (1 c dry) Biscuits (6) Beverage
L U N C H	Pan-broiled steak* French-fried potatoes Mixed fruit salad* Bread (5 sl) Pound cake (1/3 cake) Beverage	Chicken noodle soup Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Celery strips (1 c) Graham crackers (8) Beverage	Mini-pizzas* Carrot strips (3/4 c) Ice milk (2 c) Beverage	Beans in tomato sauce Potato salad* Bread (4 sl) Plums (8) Beverage	Creamed chipped beef* Rice (1 c dry) Carrot strips (3/4 c) Bread (4 sl) Beverage	Peanut butter (8 T) and jelly sand- wiches (5 sand) Fruit cocktail (2 c) Beverage	Vegetable soup with blackeye peas* Saltine crackers (20) Gingerbread (1/2 cake) Beverage
D I N N E R	Cornmeal pancakes with chopped Vienna sausage Sliced tomatoes (1/2 lb) Sirup (4 T) Beverage	Meatballs in potato cups* Bouillon gravy* Collards Bread (5 sl) Pound cake (1/3 cake) Beverage	Liver in barbecue sauce* Rice (1 c dry) Tossed salad (lettuce, celery, green pepper, dressing) Bread (4 sl) Pound cake (1/3 cake) Beverage	Cheese meatloaf* Baked potatoes (4 med) Green beans Oatmeal muffins* (6) Pudding pie (pud- ding mix in baked pie shell) Beverage	Crispy fried fish* Parslied potatoes (4 med) Lettuce wedges with dressing Bread (4 sl) Stewed apples* (2 c) with ice milk (1 c) Beverage	Pork sausage patties Noodles in cheese sauce* Beets Biscuits* (6) Stewed apples (2 c) with ice milk (1 c) Beverage	Skillet dinner* Cucumber slices Gelatin with 1 c fruit cocktail Bread sticks* Beverage
S N A C K	Cinnamon toast (6 sl)	Cookies	Peanut butter (5 T) and celery sticks (1 c)	Bread and jelly sandwiches (5 sand)	Cheese (4 3/4-oz sl) saltine crackers (20)	Gingerbread (1/2 cake)	Graham crackers (10) and peanut butter (4 T)

* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses (). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily, and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

PERIOD IV (10 DAYS): FOOD FOR A FAMILY OF FOUR 1/

Meat and Meat Alternates

Beef, chuck steak, boneless	1.75 lb
Ground beef, regular	2.09 lb
Pork shoulder, fresh, bone-in	2.25 lb
Chicken, fryer, whole	2.25 lb
Fish sticks, frozen	10 oz
Bologna	12 oz
Eggs, large	18 eggs
Lima beans, baby, dry	7 oz
Navy beans, dry	14 oz
Blackeye peas, canned	1 lb
Peanut butter	18 oz

Milk, Cheese, and Ice Milk

Milk, whole	6 qt
Cheese, American process	21 oz
Ice milk	1/2 gal
Nonfat dry milk (10-1/2 qt)	2.1 lb

Vegetables and Fruits

Fresh: 2/	
Cabbage	1 lb 4 oz
Carrots	18 oz
Celery	19 oz
Green pepper	1 pepper
Collards	10 oz
Lettuce (1 head)	1 lb
Onion	18 oz
Potatoes	6 lb 12 oz
Tomatoes	1 lb 5 oz
Apples (10 small)	2 lb 8 oz
Bananas (4 small)	1 lb 5 oz
Peaches (4 small)	1 lb
Plums (12 small)	1 lb 8 oz

Canned:

Mixed vegetables	1 lb
Peas	1 lb
Tomatoes	1 lb
Tomato paste	6 oz
Tomato sauce	8 oz

Frozen:

Broccoli	10 oz
Corn	10 oz
French-fried potatoes	9 oz
Orange juice, concentrate	6 fl oz
	12 fl oz
Grape juice, concentrate	6 fl oz

Dry:

Raisins	4 oz
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Breads, Cereals, and Cereal Products

Flour, enriched	1 lb 2 oz
Pancake mix, complete	7 oz
Cake mix	19 oz
Gingerbread mix	14 oz
Cornmeal, enriched, self-rising	10 oz
Rolled oats (oatmeal)	11 oz
Farina, enriched	6 oz
Grits, enriched	3 oz
Ready-to-eat cereal	1 lb 14 oz
Macaroni, enriched	12 oz
Rice, regular	18 oz
Bread, white, enriched (110 sl)	5 22-oz loaves
Refrigerator biscuits	8 oz
Hamburger rolls, enriched (8)	10 oz
Saltine crackers	4 oz
Graham crackers	10 oz
Doughnuts (12)	12 oz
Pound cake	1 lb
Cookies	8 oz
Chicken rice soup, condensed	2 10-1/2-oz cans

Fats and Oils

Margarine	1 lb 10 oz
Shortening	5 oz
Vegetable oil	5 fl oz
Salad dressing, mayonnaise type	10 fl oz
Salad dressing, french	4 fl oz

Sugars and Sweets

Sugar, granulated	1 lb 12 oz
Sugar, brown	12 oz
Fruit-flavored gelatin, dry mix	1 3-oz pkg
Pudding, dry mix	1 4-oz pkg
Sirup	4 fl oz
Molasses	5 oz
Jelly	8 oz

Other Food 3/

Coffee, tea	
Bouillon, beef and chicken	
Meat Tenderizer	
Lemon juice	
Baking powder	
Baking soda	
Worcestershire sauce	
Vinegar	
Prepared mustard	
Catsup	
Soy sauce	
Cornstarch	
Pickle relish	
Dry bread crumbs	
Spices	
Flavorings	

- 1/ Average food needs for 4-person households following the thrifty food plan.
 2/ Substitute other fruits and vegetables in season if they are better buys than those shown.
 3/ Purchase as needed to use in recipes and for preparation of other foods.

PERIOD IV (10 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Peaches (2), sliced Pancakes Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange (1 c)-grape (1 c) juice Oatmeal (2 c dry) Doughnuts (4) Beverage	Grape juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Grits (1/2 c dry) Toast (4 sl) Beverage	Bananas (2), sliced Oatmeal (2 c dry) Cinnamon toast (4 sl) Beverage	Fried apple rings* French toast* Sirup (4 T) Beverage
L U N C H	Pork shoulder roast* (about 1/2 of roast) Oven potatoes (4 med) Mixed vegetables Pound cake (1/3 cake) Beverage	Bologna (6 oz) sand- wiches (5 sand) Peaches (2), sliced Peanut butter cookies* Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Plums (6) Pound cake (1/3 cake) Beverage	Peanut butter- raisin* sandwiches (4 sand) Celery sticks (3/4 c) Doughnuts (4) Beverage	Chicken rice soup Saltine crackers (20) Carrot strips (3/4 c) Cake (1/3 cake) Beverage	Open-face cheese sandwiches* Molasses-glazed beans (1/2 pan) Graham crackers (8) Beverage	Bologna (6 oz) sandwiches (5 sand) Carrot strips (3/4 c) Cake (1/3 cake) Beverage
D I N N E R	Limas in tomato sauce* Potato salad* Bread (4 sl) Ice milk (2 c) Beverage	Chinese-style dinner with cabbage and rice* Sliced tomatoes (1/2 lb) Pound cake (1/3 cake) Beverage	Sloppy Joes* Corn Lettuce wedges and dressing Ice milk (2 c) Beverage	Beef stew II with vegetables* Sliced tomatoes (1/2 lb) Bread (4 sl) Ice milk (2 c) Beverage	Hamburgers (3/4 lb ground beef) on rolls (4) French-fried potatoes Molasses-glazed beans* (1/2 pan) Plums (6) Beverage	Fish sticks Top-of-stove scal- loped potatoes* Collards Cornbread (1/2 pan) Beverage	Spanish macaroni* Coleslaw* Cornbread (1/2 pan) Ice milk (2 c) Beverage
S N A C K	Saltine crackers (20) and cheese (4 3/4-oz sl)	Doughnuts (4)	Peanut butter cookies	Graham crackers (12)	Pudding	Cake (1/3 cake)	Ready-to-eat cereal (6 oz)

* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses (). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal and coffee may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

PERIOD IV (10 DAYS): MENUS FOR A FAMILY OF FOUR--CONTINUED

	SUNDAY	MONDAY	TUESDAY
B R E A K F A S T	Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Bananas (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Farina (1 c dry) Toast (4 sl) Beverage
L U N C H	Braised chicken with vegetables* Rice (1 c dry) Peas Bread (4 sl) Gingerbread (1/2 cake) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Fruit-flavored gelatin Beverage	Peanut butter (5 T) and jelly sand- wiches (4 sand) Carrot strips (3/4 c) Apples (4) Graham crackers (8) Beverage
D I N N E R	Mini-pizzas* Celery sticks (1 c) Apples (4) Beverage	Swiss steak* Mashed potatoes (4 med) Broccoli Raisin-rice pudding* Beverage	One-pan macaroni & cheese* Blackeye peas Tossed salad (let- tuce, tomatoes with dressing) Gingerbread (1/2 cake) Beverage
S N A C K	Graham crackers (12)	Cookies	Ready-to-eat cereal (6 oz)

* Recipe included.

RECIPES

APPLE-RAISIN SLAW

Makes 8 servings, about 1/2 cup each.

2 medium apples, cut up
1 tablespoon lemon juice
1/2 small head cabbage; finely cut up
1/4 cup raisins
About 1/4 cup mayonnaise or salad
dressing
1/4 teaspoon salt.

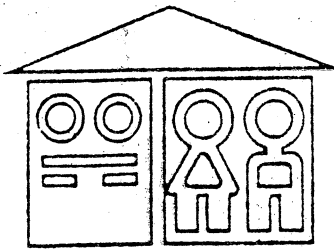
Mix apples with lemon juice in a large bowl.
Add rest of ingredients. Mix lightly.

BAKED APPLES

Makes 4 servings.

4 medium cooking apples
1/3 cup sugar
1/4 teaspoon cinnamon
1 tablespoon margarine
1/2 cup water

Core apples without cutting through bottom end.
Place in baking pan.
Mix sugar and cinnamon; fill centers of apples.
Put margarine on top of filling.
Pour water into bottom of pan.
Bake at 350° F (moderate oven) about 45 minutes
to 1 hour until apples are tender. If apples seem
dry, spoon liquid in pan over top during cooking.



**CMN-Family
Resources**

Computer Assisted Instructional
Programs for Family Economic
Decision Making

PROGRAM NAME: GROCR

PROGRAM TITLE: Simulated Grocery Shopping
Experience (Food Buying fo
Good Nutrition)

PROGRAMMER: Computerized Management Netwo

ADDRESS: VPI&SU
Blacksburg, Virginia 24061

PHONE: (703) 951-5184

PURPOSE: To improve family nutrition and increase food buying skills.

PREREQUISITE: A copy of the TPGRO program.

DATA REQUIRED: See input sheet.

INPUT: 1. Enter GROCR.

2. Enter data from input sheet (Item number, a comma, and number of servings and a local price for that item if desired). Omit items marked "OH" for items on hand when entering data at the terminal. The computer will call for the data line by line. A zero ("0") at the end of each group indicates your completion of input.

OUTPUT: 1. Number of servings ordered by food group.

2. Amount spent on each food group.

3. Budget remaining after ordering in each food group.

4. Shopping list.

TERMINATION: Automatic

GROCR
Simulated Grocery Shopping Experience
by
Patricia A. Burke

Objectives

- To create awareness in the value of good planning in food buying.
- To establish a base on which the user can form good meal planning and food buying habits.
- To learn to distinguish alternate sources of various food nutrients to make suitable economic food substitutions to reduce food, the budget, and maintain nutritional adequacy.
- To distinguish price differentials between brand names of foods - to learn the value of comparative shopping.

The combination of rising food prices, changing food habits, and emphasis on nutritional quality of foods has caused increased concern among homemakers.

This computer assisted instructional program enables the homemaker to evaluate her meal plans in terms of nutrition and food budget.

GROCR is a simulated shopping experience whereby the homemaker plans a week's meals, prepares her shopping list and shops by computer for those desired food items. The computer provides a reminder of servings needed from each food group, the amount of servings per food group that were chosen, pointing out adequacies or deficits for the food group and the approximate amount of money spent on the foods in that group. At the completion of the ordering a cumulative shopping list is provided. A totaling of approximate dollars spent and a comparison to the user's prescribed food budget is also given.

Two computer programs combine the joint Food Buying for Good Nutrition Effort. They are TPGRO and GROCR.

The TPGRO program lists 315 items in seven groups: milk, meat, vegetable-fruit 1 (vitamin C sources), vegetable-fruit 2 (vitamin A sources), vegetable-fruit 3, breads and cereals, and a miscellaneous group of items needed in food preparation. This program provides information on cost per serving. The size and cost of the market unit, and the number of servings in that unit are also given. One can compare the costs of various market forms of a product and of store and national brands.

Food Buying for Good Nutrition (GROCR) allows the user to select foods from the list of foods in the CMN Grocery Shelf Item List Generator (TPGRO) to meet the nutrient needs of his or her family for a week. The program considers the number of family members, the number of teenagers, pregnant or lactating women, and the amount of money in the food budget. The number of servings needed by the family appears as each group is presented. The user can select those foods which suit the family's monetary and personal needs. He enters the item number from the TPGRO list and number of servings selected.

Reminders are given if fewer servings are selected than are needed to meet family needs or if too small a quantity of a particular food is selected to provide a serving for each family member. A running total of money spent is shown at the end of each group along with the total remaining amount available to spend. This total amount spent includes the total cost of the market unit whether or not all is needed. In spite of reminders, it is possible to buy less than or more than the suggested number of servings and to spend more or less money than is planned.

Fewer servings will be needed if there is food on hand or if a number of meals are to be eaten away from home. More servings will be needed if there are teenagers particularly teenage boys, or men who do heavy work.

A shopping list is printed out showing amounts of each food one must buy to get the servings selected. It is not always possible to buy just the number of servings needed. The list includes the name of the item, the market unit and the amount to buy, the cost of the market unit and cost of total units needed, and total cost of the bill.

This program is designed to supplement an educational effort. Preplanning prior to sitting down at the computer terminal is desirable. A planning sheet has been developed for the homemaker's use.

The two programs are tools to aid Extension agents in teaching homemakers to plan meals which are tasty, nutritious, and acceptable to family members with the financial resources which are available.

Using the TPGRO list and the planning sheet, a homemaker can prepare her own shopping list with some educational assistance without using the terminal if one is not readily accessible. Agents will use the information as a basis for news releases and as a source of comparative prices. It's easy to choose the most economical sources of vitamin C, for example, to find the cost of ingredients used in preparing a food product.

By the time you have completed preterminal preparation, you will have reasoned out most of the things the computer will tell you, yourself, but the printout will provide a permanent record.

Limitations

- The user must plan on a weekly, not daily, basis.
- Provision is not made for meals purchased outside the home, but does consider meals eaten outside the home if prepared at home and carried out.

Serving Sizes

Following is a brief description of the seven groups of foods.

Milk Group

Milligrams of calcium range from approximately 115 mg. per serving for cottage cheese to 352 mg. per serving for 2% lowfat milk. Obviously a serving of any two items does not provide identical amounts of calcium but all foods contribute significant amounts. Servings per market unit for this and other groups are based on information in Home Economics Research Report No. 37, "Family Food Buying."

Exceptions are cottage cheese for which 4 oz. is considered a serving and other cheeses for which 2 oz. is a serving.

Eight ounces (1 cup) of milk and of yogurt and 2/3 cup of ice cream and of ice milk are considered to be a serving.

Meat Group

Three ounces of cooked lean meat, 1 cup cooked dried beans, 2 eggs, 4 Tbsp. peanut butter, or 2 hot dogs are considered to be servings.

Bacon is found in the Miscellaneous Group because one serving (2 strips) provides only 5 grams of protein. This is much less than items in the meat group. For example a 3 oz. serving of cooked ground beef provides 21 grams of

protein. Some persons may feel bacon should be included in the meat group. Perhaps this will help make the point that although bacon is a popular food, it is not the best meat buy from either the economic or nutritive standpoint.

Vegetable-Fruit Group I - Vitamin C Sources

Generally 1/2 cup is considered a serving. Other serving sizes are 1 orange, 1/2 pepper, 1/2 grapefruit, and 1/4 cantaloupe.

Fresh tomatoes and tomato juice (1 serving = 6 oz.) are included on this list. Canned tomatoes, however, are found in Vegetable-Fruit Group III. Although canned tomatoes do contribute vitamin C, the normal serving of 1/2 cup contains only 20 mg. vitamin C. This is less than is supplied by other items on the list.

Vegetable-Fruit Group II - Vitamin A Sources

International units of vitamin A range from a low of 1632 I.U. for 1/2 cup cantaloupe to a high of 8,910 I.U. for 1/2 cup fresh sweet potato.

Vegetable-Fruit Group III

Same serving sizes as apply to Vegetable-Fruit Groups I and II.

Breads and Cereals Group

Flour and cornmeal are in this group. Serving size is 6 servings per cup of flour or meal. Although this is only an approximation, many quick bread recipes use 2 cups of flour and cornmeal to yield 12 servings. Other ingredients are needed in making bread products so this is not a total cost. The 5 pound market units of flour and cornmeal were omitted because of a programming limitation. The servings/market unit column cannot use numbers larger than 99.99.

Miscellaneous

This group contains additional items often used in food preparation.

Beverages such as cola drinks, coffee, tea, and beer are included. This offers an opportunity to compare these beverages low in nutritive value with beverages such as milk, orange juice, etc. on a cost per serving basis.

PLANNING SHEET FOR FOOD BUYING FOR GOOD NUTRITION

Prepared by Georgia W. Crews and Jo Anne Barton

This planning sheet is designed to help you think about the food needs of your family for a week. Use the food list to select foods which meet the nutrient needs of your family with the money you have. Plan to use food which you have on hand. This will mean you have to buy fewer foods. Choose more than the minimum number of servings if there are teenage boys or men in the family who do heavy work.

I. Some information about your family will be helpful in evaluating nutrient needs. Indicate number of family members at each age and sex:

	<u>Female</u>	<u>Male</u>		<u>Female</u>	<u>Pregnant or Nursing</u>	<u>Male</u>
Under 1 year	_____	_____	12-14 years	_____	_____	_____
1-2 years	_____	_____	15-19 years	<u>1</u>	_____	_____
3-5 years	_____	_____	20-34 years	_____	_____	_____
6-8 years	<u>1</u>	_____	35-54 years	<u>1</u>	_____	<u>1</u>
9-11 years	<u>1</u>	_____	55-74 years	_____	_____	_____
			75 and over	_____	_____	_____

II. This section will help you determine the number of servings from each of the food groups your family will require:

<u>GROUP</u>	<u>MAIN NUTRIENTS</u>	<u>NUMBER OF SERVINGS</u>	<u>TOTAL SERVINGS FOR WEEK</u>
Milk	Calcium and phosphorus. Also supplies protein and riboflavin.	2 per person per day. 2 additional each day if teenager, pregnant, or nursing.	Number in family <u>5</u> x2x7 days = <u>70</u> Number of teenagers, pregnant or nursing <u>1</u> x2x7 days = + <u>14</u> Total servings needed = A <u>84</u>
Meat	Protein. Also supplies several B vitamins and iron.	2 per person per day.	Number in family <u>5</u> x2x7 days = B <u>70</u>
Vegetable-Fruit I	Vitamin C	1 per person per day.	Number in family <u>5</u> x1x7 days = C <u>35</u>
Vegetable-Fruit II	Vitamin A	4 per person <u>each week</u>	Number in family <u>5</u> x4 = D <u>20</u>
Vegetable-Fruit III	Small amounts of several vitamins and minerals. Also add variety and bulk to the diet.	Each day a person needs 4 servings of fruits & vegetables. Vitamin A and C sources contribute to this number.	Number in family <u>5</u> x4x7 days = <u>140</u> Total servings selected from Group I and II (C + D) = - <u>55</u> Subtract to determine number of servings needed from Group III = E <u>85</u>
Bread and Cereal	Energy, B vitamins, and iron.	4 per person per day.	Number in family <u>5</u> x4x7 days = F <u>140</u>
Miscellaneous	These foods are needed for meal preparation. For most items, indicate the number of cups needed.		

III. Using the Food List as a guide use this chart to think about the kind and amount of food you want to buy.

	Breakfast	Lunch	Dinner	Snacks
Sunday	Orange Juice Eggs Toast Jelly Milk - Coffee	Chicken, fried Collards, frozen Corn, whole canned Bread Ice Cream	Soup & Sandwich (cheese) Milk - Coffee	
Monday	Grapefruit Eggs Bacon Toast Milk - Coffee	Franks & Kraut Bread Sliced Peaches	Tossed Salad Spaghetti Milk Bread	
Tuesday	Orange Juice Eggs Toast Milk - Coffee	Cheeseburger with Lettuce & Tomato Milk	Pork Chops Spinach Potatoes, mashed Bread	
Wednesday	Tomato Juice Eggs Bacon Toast Milk - Coffee	Fruit Salad Cheese Sandwiches	Liver, Beef with Onions Green Beans Bread Milk - Coffee	
Thursday	Orange Juice Eggs Grits Toast Milk - Coffee	Tuna Salad on Lettuce Crackers Milk - Coffee	Ground Beef Grits Green Peas Bread	
Friday	Grapefruit Eggs Toast Milk - Coffee	Pinto Beans Spinach Applesauce Bread Milk	Fish Sticks French Fries Cottage Cheese and Fruit Salad (Pears)	
Saturday	Orange Juice Pancakes Sausage Milk - Coffee	Vegetable Soup Cheese & Bologna Sandwiches Sliced Pineapple	Meat Loaf Potatoes Broccoli Bread Milk	

IV. GROCER Input Sheet

Date _____

Name Jane Doe

Street or P.O. Box Fifth Street

City and State Abingdon, VA

Zip Code 24210

How much money do you plan to spend? \$50.00

Do you consider this minimum medium, or liberal?
(Circle one)

Number in family 5

Number teenager, pregnant or nursing 1

V. For each group fill in total number of servings needed (from page 1). Indicate foods on hand by entering OH under Item No., number of servings you plan to use, and name of food. Next list Item No., No. of servings, and name of food that you have selected from the food list (TPGRO). You can use local prices by filling in the optional local price column for an item.

A. Milk 84 total servings

Item No.	No. Servings	Local Price (optional)	Food
Example OH	6		Non-fat dried milk
Example 1	4		Buttermilk, Store
<u>27</u>	<u>50</u>		<u>Milk, Skim</u>
<u>3</u>	<u>20</u>		<u>Cheese, Cheddar</u>
<u>6</u>	<u>10</u>		<u>Cheese, Cottage</u>
<u>17</u>	<u>5</u>	<u>.95</u>	<u>Ice Cream, Store</u>

B. Meat 70 total servings

Item No.	No. servings	Local Price (optional)	Food
<u>23</u>	<u>30</u>		<u>Eggs, Grade A Medium</u>
<u>46</u>	<u>5</u>		<u>Sausage</u>
<u>15</u>	<u>5</u>		<u>Chicken</u>
<u>29</u>	<u>5</u>		<u>Hot Dogs</u>
<u>48</u>	<u>5</u>		<u>Tuna</u>
<u>2</u>	<u>5</u>		<u>Pinto Beans</u>
<u>12</u>	<u>10</u>	<u>\$1.25</u>	<u>Bologna</u>
<u>9</u>	<u>15</u>	<u>\$1.19</u>	<u>Beef, Ground</u>
<u>41</u>	<u>5</u>		<u>Pork Chops</u>
<u>33</u>	<u>5</u>		<u>Liver, Beef</u>
<u>25</u>	<u>5</u>		<u>Fish Sticks</u>

C. Vegetable-Fruit I 35 Total servings

Item No.	No. servings	Local Price (optional)	Food
<u>16</u>	<u>20</u>		<u>Orange Juice, Frozen</u>
<u>8</u>	<u>10</u>		<u>Grapefruit, Fresh</u>
<u>25</u>	<u>5</u>		<u>Tomato Juice</u>
<u>24</u>	<u>5</u>		<u>Tomatoes</u>

D. Vegetable-Fruit II <u>20</u> total servings			
Item No.	No. Servings	Local Price (optional)	Food
10	5		Collards, Frozen
4	5		Broccoli, Frozen
18	10		Spinach

F. Breads and Cereals <u>140</u> total servings			
Item. No.	No. Servings	Local Price (optional)	Food
3	80		Bread, White
27	10		Grits
2	20		Biscuits, Mix
45	5		Spaghetti
35(OH)	5		Pancakes
39	5		Rolls, Dinner Canned
41	5		Rolls, Hamburger
22	5		Flour, All-Purpose

E. Vegetable-Fruit III <u>85</u> total servings			
4	5		Applesauce
13(OH)	5		Green Beans, Frozen
25(OH)	5		Corn, Frozen
34	15		Lettuce
42	5		Peach, Halves
48	5	.48	Pears, Canned
51	5		Green Peas, Canned
56	5		Pineapple
61	15		Potatoes
72	5		Sauerkraut
1	5		Apples
8	5		Bananas

G. Miscellaneous			
1	20	cups	Bacon
7	.5	cups	Coffee
21	1	cups	Grape Jelly
18	1.3	cups	Honey
24	2	cups	Margarine
41	4.5	cups	Sugar, Brown
43	11.3	cups	Sugar, Granulated
		cups	
		cups	
		cups	
		cups	
		cups	

IV. GROCER Input Sheet

Date WEEK 1Name LOIS HUNGATEStreet or P.O. Box 4923 LARWELL DRCity and State COLUMBUS, OHIOZip Code 43220How much money do you plan to spend? \$58.50Do you consider this minimum, medium, or liberal?Number in family 4 (Circle one)Number teenager, pregnant or nursing 1

V. For each group fill in total number of servings needed (from page 1). Indicate foods on hand by entering 011 under Item No., number of servings you plan to use, and name of food. Next list Item No., No. of servings, and name of food that you have selected from the food list (TPGRO). You can use local prices by filling in the optional local price column for an item.

A. Milk 70 total servings

Item No.	No. Servings	Local Price (optional)	Food
029	20	.65	fluid whole milk
014	18	.95	processed cheese
017	6	1.98	ice cream
023	30	1.09	nonfat dry milk

B. Meat 56 total servings

Item No.	No. servings	Local Price (optional)	Food
09	2	1.59	ground beef, reg.
35	3	.69	pork liver
26	8	2.19	pork picnic, cured
14	5	.93	whole fryer
12	2	1.49	bologna
47	2	.99	turkey, chunk
22	7	.83	eggs, large
37	3	.89	peanut butter

C. Vegetable-Fruit I 28 Total servings

Item No.	No. servings	Local Price (optional)	Food
3	10	.25	cabbage, fresh
24	5	.79	tomatoes, fresh
14	2	.25	oranges, fresh
2	3	.69	broccoli, frozen
16	12	.97	orange juice, frozen conc.

D. Vegetable-Fruit II 16 total servings

[illegible]

F. Breads and Cereals 112 total servings

Item No.	No. Servings	Local Price (optional)	Food
21	27	.55	flour
34	6	.95	pancake mix
19	11	.69	cornmeal, self-rising
33	7	.75	oatmeal, store
14	18	.99	corn flakes, store
28	15	.69	macaroni
37	5	.89	rice, reg., store
4	28	.36	white bread
1	8	-	refrig. biscuits
20	10	.79	saltine crackers

E. Vegetable-Fruit III 68 total servings

18	8	.59	celery
34	6	.69	lettuce
39	3	.40	onions, dry
62	21	1.59	potatoes, reg.
2	6	.39	apples, winnipeg
8	6	.39	bananas
47	3	.16	pears, Bartlett
12	3	.39	green beans, canned
54	4	.43	peas, green, canned
75	4	.37	tomatoes, canned
46	6	.93	peaches, canned
71	1	1.85	raisins

G. Miscellaneous

25	2	cups .57	margarine - store
34	1	cups .95	vegetable oil
19	1	cups 1.05	hydrogenated shortening
28	1	cups .65	mayonnaise
15	1	cups .69	french dressing
43	4	cups 2.39	granulated sugar
41	1	cups 4.63	brown sugar
16	8	cups .31	flavored gelatin
21	1	cups .67	jelly
49	1	cups 1.57	corn syrup
37	1	cups 1.37	pickles
8	14	cups 2.99	coffee instant
47	14	1.27	tea bags
of May 8 and June 30, 1914, in cooperation with the			
sion Division, Cooperative Extension Service,			
burg, Virginia 24061"			
2	1	-	baking powder
36	1	1.29	black pepper

"Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. E. Skelton, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061"

IV. GROCER Input Sheet

Date Week 2
 Name Lois HUNY GATE
 Street or P.O. Box 4923 LARWELL DR.
 City and State COLUMBUS, OHIO
 Zip Code 43220
 How much money do you plan to spend? \$58.50
 Do you consider this minimum medium, or liberal?
 Number in family 4 (Circle one)
 Number teenager, pregnant or nursing 1

V. For each group fill in total number of servings needed (from page 1). Indicate foods on hand by entering 011 under Item No., number of servings you plan to use, and name of food. Next list Item No., No. of servings, and name of food that you have selected from the food list (TPGRO). You can use local prices by filling in the optional local price column for an item.

A. Milk 70 total servings

Item No.	No. Servings	Local Price (optional)	Food
<u>29</u>	<u>20</u>	<u>.65</u>	<u>fluid whole milk</u>
<u>14</u>	<u>19</u>	<u>.95</u>	<u>processed cheese</u>
<u>17</u>	<u>12</u>	<u>1.98</u>	<u>ice cream</u>
<u>23</u>	<u>30</u>	<u>1.09</u>	<u>nonfat dry milk</u>

B. Meat 56 total servings

Item No.	No. servings	Local Price (optional)	Food
<u>9</u>	<u>5</u>	<u>1.59</u>	<u>ground beef, reg.</u>
<u>14</u>	<u>5</u>	<u>.93</u>	<u>whole fryer</u>
<u>22</u>	<u>8</u>	<u>.83</u>	<u>large eggs</u>
<u>37</u>	<u>4</u>	<u>.89</u>	<u>peanut butter</u>
<u>3</u>	<u>10</u>	<u>1.89</u>	<u>beef roast, chuck</u>
<u>29</u>	<u>4</u>	<u>1.49</u>	<u>hot dogs</u>

C. Vegetable-Fruit I 28 Total servings

<u>7</u>	<u>3</u>	<u>.49</u>	<u>collards, frozen</u>
<u>16</u>	<u>12</u>	<u>.97</u>	<u>orange juice, frozen conc.</u>

D. Vegetable-Fruit II <u>16</u> total servings			
Item No.	No. Servings	Local Price (optional)	Food
<u>6</u>	<u>4</u>	<u>.39</u>	<u>carrots, fresh</u>

F. Breads and Cereals <u>112</u> total servings			
Item No.	No. Servings	Local Price (optional)	Food
<u>21</u>	<u>40</u>	<u>.55</u>	<u>flour</u>
<u>27</u>	<u>8</u>	<u>.69</u>	<u>grits</u>
<u>14</u>	<u>18</u>	<u>.99</u>	<u>cornflakes, stone</u>
<u>28</u>	<u>14</u>	<u>.69</u>	<u>macaroni</u>
<u>45</u>	<u>8</u>	<u>.69</u>	<u>spaghetti</u>
<u>3</u>	<u>88</u>	<u>.79</u>	<u>bread, white</u>
<u>1</u>	<u>8</u>	<u>-</u>	<u>refrig. biscuits</u>

E. Vegetable-Fruit III <u>68</u> total servings			
Item No.	No. Servings	Local Price (optional)	Food
<u>39</u>	<u>4</u>	<u>.40</u>	<u>dry onions</u>
<u>61</u>	<u>23</u>	<u>1.69</u>	<u>potatoes, reg.</u>
<u>18</u>	<u>8</u>	<u>.59</u>	<u>celery</u>
<u>34</u>	<u>6</u>	<u>.66</u>	<u>lettuce</u>
<u>2</u>	<u>6</u>	<u>.39</u>	<u>apples, unimp</u>
<u>41</u>	<u>4</u>	<u>.59</u>	<u>peaches</u>
<u>72</u>	<u>4</u>	<u>.39</u>	<u>sauerkraut, canned</u>
<u>75</u>	<u>4</u>	<u>.37</u>	<u>stewed tomatoes</u>
<u>48</u>	<u>3</u>	<u>.59</u>	<u>canned pear halves</u>
<u>25</u>	<u>3</u>	<u>.45</u>	<u>frozen corn</u>
<u>64</u>	<u>3</u>	<u>.65</u>	<u>frozen french fries</u>

G. Miscellaneous			
Item No.	No. Servings	Local Price (optional)	Food
<u>25</u>	<u>3</u>	<u>.57</u>	<u>margarine, stone</u>
<u>34</u>	<u>2</u>	<u>.95</u>	<u>vegetable oil</u>
<u>28</u>	<u>1</u>	<u>.65</u>	<u>margarine</u>
<u>16</u>	<u>8</u>	<u>.31</u>	<u>flavored gelatin</u>
<u>21</u>	<u>1</u>	<u>.67</u>	<u>grape jelly</u>
<u>50</u>	<u>1</u>	<u>.49</u>	<u>vinegar</u>
<u>32</u>	<u>1</u>	<u>.35</u>	<u>mustard, prep.</u>
<u>11</u>	<u>1</u>	<u>-</u>	<u>catsup</u>

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IV. GROCR Input Sheet

Date Week 3
 Name LOIS HUNGATE
 Street or P.O. Box 4923 CARWELL DR
 City and State COLUMBUS, OHIO
 Zip Code 43220
 How much money do you plan to spend? \$58.50
 Do you consider this minimum, medium, or liberal?
 Number in family 4 (Circle one)
 Number teenager, pregnant or nursing 1

V. For each group fill in total number of servings needed (from page 1). Indicate foods on hand by entering 011 under Item No., number of servings you plan to use, and name of food. Next list Item No., No. of servings, and name of food that you have selected from the food list (TPGRO). You can use local prices by filling in the optional local price column for an item.

A. Milk 70 total servings

Item No.	No. Servings	Local Price (optional)	Food
<u>29</u>	<u>20</u>	<u>.65</u>	<u>fluid whole milk</u>
<u>14</u>	<u>17</u>	<u>.95</u>	<u>process cheese</u>
<u>17</u>	<u>6</u>	<u>1.98</u>	<u>ice cream</u>

B. Meat 56 total servings

Item No.	No. servings	Local Price (optional)	Food
<u>6</u>	<u>4</u>	<u>2.99</u>	<u>round steak, bone-in</u>
<u>9</u>	<u>8</u>	<u>1.59</u>	<u>ground beef, reg.</u>
<u>35</u>	<u>3</u>	<u>.69</u>	<u>pork liver</u>
<u>46</u>	<u>2</u>	<u>1.89</u>	<u>pork sausage</u>
<u>56</u>	<u>1</u>	<u>.49</u>	<u>vienna sausage</u>
<u>34</u>	<u>3</u>	<u>2.09</u>	<u>fish fillets</u>
<u>32</u>	<u>6</u>	<u>.83</u>	<u>eggs, large</u>

C. Vegetable-Fruit I 28 Total servings

Item No.	No. servings	Local Price (optional)	Food
<u>20</u>	<u>2</u>	<u>.25</u>	<u>green peppers</u>
<u>6</u>	<u>2</u>	<u>.69</u>	<u>collards</u>
<u>24</u>	<u>2</u>	<u>.79</u>	<u>tomatoes</u>
<u>14</u>	<u>3</u>	<u>.25</u>	<u>oranges</u>
<u>16</u>	<u>12</u>	<u>.97</u>	<u>fuz. orange juice conc.</u>

D. Vegetable-Fruit II 16 total servings

Item No.	No. Servings	Local Price (optional)	Food
6	3	.39	carrots

F. Breads and Cereals 112 total servings

Item No.	No. Servings	Local Price (optional)	Food
21	38	.55	flour
33	8	.75	oatmeal, store
13	12	.75	cornflakes
29	4	.79	noodles
3	88	.79	bread, white
1	8	-	refrig. biscuits

E. Vegetable-Fruit III 68 total servings

18	8	.59	celery
28	3	.25	cucumbers
34	6	.66	lettuce
39	3	.40	onions
61	20	1.69	potatoes
2	6	.39	apples, winter
8	5	.39	bananas
41	4	.59	peaches
9	3	.43	canned beets
12	3	.39	canned green beans
75	3	.37	canned tomatoes
21	4	.55	fruit cocktail
64	3	.65	orange fruit pie

G. Miscellaneous

34	2	cups	.95	vegetable oil
16	4	cups	.31	flavored gelatin
21	1	cups	.67	grape jelly
7	14	cups	3.04	coffee
		cups		
		cups		
		cups		
		cups		
		cups		
		cups		
		cups		
		cups		
		cups		

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IV. GROCER Input Sheet

Date Week 4 (10 days)
 Name LOIS HUNCATE
 Street or P.O. Box 4923 LARWELL DR
 City and State COLUMBUS, OHIO
 Zip Code 43220
 How much money do you plan to spend? \$2.50
 Do you consider this minimum, medium, or liberal?
 Number in family 4 (Circle one)
 Number teenager, pregnant or nursing 1

V. For each group fill in total number of servings needed (from page 1). Indicate foods on hand by entering 011 under Item No., number of servings you plan to use, and name of food. Next list Item No., No. of servings, and name of food that you have selected from the food list (TPGRO). You can use local prices by filling in the optional local price column for an item.

A. Milk 100 total servings

Item No.	No. Servings	Local Price (optional)	Food
31	24	1.05	whole fluid milk
14	21	.95	process cheese
17	12	1.98	ice cream
24	42	4.35	nonfat dry milk

B. Meat 80 total servings

Item No.	No. servings	Local Price (optional)	Food
6	6	2.99	round steak, bone-in
9	8	1.59	ground beef, reg.
39	6	1.69	pork ribs, roast
14	5	.93	whole frozen
25	3	1.19	fish sticks, frozen
12	4	1.49	bolonagan
22	9	.83	eggs, large
1	5	.45	navy beans, dry
37	8	.89	peanuts butter

C. Vegetable-Fruit I 40 Total servings

3	12	.25	cabbage
20	2	.25	green pepper
6	2	.69	collards
24	6	.79	tomatoes
2	2	.69	frozen broccoli
15	6	.53	orange juice conc, 100%
16	12	.97	orange juice conc, 100%

D. Vegetable-Fruit II 20 total servings

[illegible]

F. Breads and Cereals	160	total servings
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[illegible]

E. Vegetable-Fruit III 92 total servings

18	12	.59	celery
34	6	.66	lettuce
39	4	.40	onions
61	20	1.69	potatoes, reg.
2	10	.39	apples, winnapi
8	4	.39	bananas
41	4	.59	peaches
51	4	.43	green peas, canned
75	3	.37	tomatoes, canned
25	3	.45	frozen corn
64	3	.65	frozen fruit juice
32	6	.45	frozen grape juice conc.

G. Miscellaneous

25	3	cups	.57	margarine
19	2	cups	1.05	shortenings
28	2	cups	.65	margarine
15	1	cups	.69	french dressing
43	3	cups	2.39	sugar, gran.
16	4	cups	.31	flavored gelatin
21	1	cups	.67	grape jelly
47	14	cups	1.27	tea bags
		cups		
		cups		
		cups		
		cups		

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PROGRAM TITLE: GROCERY SHELF GENERATOR LISTING

DATE LAST REVISED: 1/15/77

PROGRAM CONTACTS

PROGRAMMER: CMN
272 UNIV. CITY OFFICE BUILDING
BLACKSBURG, VA. 24061
PHONE: (703) 961-5184

APPROXIMATE COST: \$5.67

PURPOSE:

TO GENERATE A GROCERY LISTING FOR USE WITH GROCER. IT IS A FILE THAT IS FREQUENTLY UPDATED BY THE EXTENSION SPECIALIST, FOODS AND NUTRITION.

FOOD BUYING FOR GOOD NUTRITION V75.3.28

DO YOU WISH AN EXPLANATION OF THIS PROGRAM?

Y

THIS PROGRAM HELPS YOU TO MAKE DECISIONS ABOUT WHAT FOODS TO BUY IN ORDER TO MEET THE NUTRIENT NEEDS OF FAMILY MEMBERS WITH THE MONEY YOU HAVE AVAILABLE. FOODS ARE GROUPED IN SEVEN CATEGORIES. THE SUGGESTED SERVINGS OF EACH GROUP ARE BASED ON THE FOUR FOOD GROUPS GUIDE.

THE PROGRAM ASSUMES THAT ALL MEALS ARE EATEN AT HOME AND THAT ALL FOODS MUST BE PURCHASED FROM A STORE. YOU MAY NEED TO MAKE ADJUSTMENTS TO FIT YOUR FAMILY'S SITUATION.

THE FIRST STEP IS TO ENTER SOME INFORMATION ABOUT YOUR FAMILY. THEN SELECT FOODS FROM EACH OF THE GROUPS. AFTER YOU HAVE BEEN THROUGH ALL SEVEN GROUPS YOU WILL RECEIVE A SHOPPING LIST.

FOODS ARE ASSIGNED A NUMBER WITHIN EACH GROUP. SEVERAL FORMS OF A FOOD MAY BE LISTED. THE NEXT COLUMN SHOWS THE MARKET UNIT AND THE NUMBER OF SERVINGS IN THAT UNIT. THE NEXT COLUMN SHOWS COST OF THE MARKET UNIT, AND THE LAST COLUMN SHOWS COST PER SERVING. THIS COLUMN WILL HELP YOU TO FIND THE BEST BUY. PRICES DO VARY FROM STORE TO STORE BUT THESE ARE REPRESENTATIVE. SOME ITEMS MAY BE ON SPECIAL IN YOUR AREA THIS WEEK. OTHER ITEMS MAY BE UNAVAILABLE.

IF THERE ARE TEENAGERS, PARTICULARLY TEENAGE BOYS, OR MEN WHO DO HEAVY WORK, IN YOUR FAMILY, YOU'LL NEED TO CHOOSE ADDITIONAL FOODS TO MEET THEIR CALORIE NEEDS.

DO YOU HAVE OUR LIST OF ITEMS AVAILABLE IN THE STORE?

N

WOULD YOU LIKE TO EXIT FROM THIS PROGRAM AND GET A LIST?

YES

USE PROGRAM TPGRO TO OBTAIN A LIST

MILK GROUP

NEEDED: TWO SERVINGS PER PERSON PER DAY AND TWO ADDITIONAL

SERVINGS PER DAY FOR EACH TEENAGER, PREGNANT WOMAN AND NURSING WOMAN

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST		Local cost (8/26/82)
			/MU\$	/SU\$	
1	BUTTERMILK	4.0/QT	0.47	0.12	.71
2	BUTTERMILK	8.0/HALF GAL.	0.87	0.11	1.23
3	CHEESE, CHEDDAR, MEDIUM	4.0/4 OUNCES	0.93	0.23	1.33
4	CHEESE, CHEDDAR, SHARP	10.0/100Z	1.51	0.15	1.39
5	CHEESE, COTTAGE	6.0/24OZ	0.79	0.13	1.49
6	CHEESE, COTTAGE	3.0/12 OZ	0.53	0.18	.85
7	CHEESE, COTTAGE, LOW-FAT	3.0/12 OZ	0.57	0.19	.91
8	CHEESE, MOZARELLA	8.0/8 OZ	0.94	0.12	.80
9	CHEESE, MOZARELLA, SLICED	8.0/8OZ	0.99	0.12	1.19
10	CHEESE, MOZARELLA, SHREDDED	4.0/4 OZ	0.67	0.17	1.49
11	CHEESE, PARMESAN	3.0/3 OZ	0.69	0.23	.75
12	CHEESE, PARMESAN	8.0/8 OZ	1.75	0.22	1.89
13	CHEESE, PROCESS	16.0/16 OZ	1.39	0.09	1.69
14	CHEESE, PROCESS	8.0/8OUNCES	0.77	0.10	.95
15	CHEESE, PROCESS, SLICED	8.0/8 OUNCES	0.93	0.12	1.09
16	CHEESE, SWISS, SLICED	8.0/8 OUNCES	1.35	0.17	1.59
17	ICE CREAM, STORE BRAND	12.0/HALF GALLO	0.88	0.07	1.98
18	ICE CREAM, NATL BRAND	12.0/HALF GAL	1.49	0.12	1.49
19	ICE MILK, STORE BRAND	12.0/HALF GAL	0.99	0.08	NA
20	ICE MILK, NATL BRAND	12.0/HALF GAL	1.39	0.12	NA
21	MILK, CHOCOLATE	4.0/QUART	0.57	0.14	.75
22	MILK, EVAP., RECONST.	3.0/13 OUNCE	0.59	0.20	.45
23	MILK, NONFAT DRY, RECONST	12.0/3 QT	0.63	0.05	1.09
24	MILK, NONFAT DRY, RECONST	56.0/14 QT	3.87	0.07	4.35
25	MILK, NONFAT DRY, RECONST	80.0/20 QT	4.29	0.05	6.05
26	MILK, SKIM	4.0/QT	0.47	0.12	.69
27	MILK, SKIM	8.0/HALF GAL.	0.75	0.09	1.21
28	MILK, 2 LOWFAT	4.0/QT	0.51	0.13	NA
29	MILK, FRESH, WHOLE, STORE	4.0/QT	0.50	0.13	.65
30	MILK, FRESH, WHOLE, NAT'L	4.0/QT	0.50	0.13	.71
31	MILK, FRESH WHOLE	8.0/HALF GAL.	0.88	0.11	1.05
32	MILK, FRESH, WHOLE	16.0/GAL.	1.75	0.11	2.09
33	YOGURT, FRUIT FLAVORED	1.0/8 OZ	0.33	0.33	.37

MEAT GROUP

NEEDED: TWO SERVINGS PER PERSON PER DAY

Local cost 8/28/80

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST /MU\$	COST /SU\$	
1	BEANS, NAVY, DRIED	6.0/POUND	0.49	0.08	.45
2	BEANS PINTO, DRIED	6.0/POUND	0.49	0.08	.65
3	BEEF ROAST, CHUCK	2.5/POUND	0.99	0.40	1.89
4	BEEF ROAST, RIB	2.5/POUND	1.79	0.72	2.59
5	BEEF ROAST, SIRLOIN TIP	4.0/POUND	1.79	0.45	3.59
6	BEEF STEAK, ROUND	3.5/POUND	2.09	0.60	2.99
7	BEEF SIRLOIN STK BONE IN	3.5/POUND	1.89	0.54	3.49
8	BEEF STEAK, T-BONE	2.5/POUND	1.99	0.80	4.49
9	GROUND BEEF, REGULAR	4.0/POUND	0.89	0.22	1.59
10	GROUND BEEF, LEAN	4.0/POUND	1.59	0.40	1.99
11	BEEF, CORNED	4.0/12OZ	1.59	0.40	2.79
12	BOLOGNA	5.0/POUND	1.19	0.24	1.49
13	CANNED MEAT	2.5/12 OUNCES	1.09	0.44	1.47
14	CHICKEN, FRYERS, WHOLE	2.0/POUND	0.49	0.25	.93
15	CHICKEN, FRYERS, CUT-UP	2.0/POUND	0.59	0.30	.97
16	CHICKEN WHOLE ROASTING	2.5/POUND	0.49	0.20	.95
17	CHICKEN, BREASTS	3.0/POUND	1.19	0.40	1.69
18	CHICKEN, LEGS	2.8/POUND	0.99	0.35	1.39
19	CHICKEN, THIGHS	2.5/POUND	0.89	0.36	1.39
20	CHICKEN, WINGS	1.5/POUND	0.59	0.39	.99
21	CHICKEN, LIVERS	4.0/POUND	1.19	0.30	1.39
22	EGGS, GRADE A, LARGE	6.0/DOZ	0.59	0.10	.83
23	EGGS, GRADE A, MEDIUM	6.0/DOZ	0.63	0.11	.69
24	FISH FILLET, FROZEN, PERCH	3.5/POUND	1.89	0.54	2.09
25	FISH STICKS, FROZEN	2.7/8 OUNCES	0.69	0.26	1.19
26	HAM, SMOKED PICNIC, BONE	2.5/POUND	1.19	0.48	2.19
27	HAM, SMOKED, SHANK, BONE	2.5/POUND	1.29	0.52	1.79
28	HAM, CENTER SLICE	4.0/POUND	1.99	0.50	2.29
29	HOT DOGS	4.0/POUND	1.19	0.30	1.49
30	LAMB CHOPS, LOIN	3.0/POUND	3.49	1.16	3.99
31	LAMB CHOPS, RIB	3.0/POUND	1.89	0.63	3.89
32	LAMB RST, SHOULDER, BONE IN	3.5/POUND	1.39	0.40	2.59
33	LIVER, BEEF	4.0/POUND	0.89	0.22	1.39
35	LIVER, PORK	4.0/POUND	0.49	0.12	.69
36	LIVER, CHICKEN	4.0/POUND	0.59	0.15	1.09
37	PEANUT BUTTER	5.3/12OZ JAR	0.83	0.16	.89
38	PORK ROAST, LOIN END	2.5/POUND	1.19	0.48	1.79
39	PORK ROAST, RIB END	2.5/POUND	1.09	0.44	1.69
40	PORK CHOPS, END CUT	2.5/POUND	1.19	0.48	1.69
41	PORK CHOPS, CENTER CUT	2.5/POUND	1.59	0.64	2.19
42	PORK SPARERIBS	1.5/POUND	1.29	0.86	1.69
44	PORK, TENDERLOIN	4.0/POUND	2.99	0.75	3.49
45	SALMON, PINK	2.0/7.75OZ CAN	1.09	0.55	1.29
46	SAUSAGE	2.5/POUND	1.09	0.44	1.89
47	TUNA, CHUNK	2.0/6.5OZ CAN	0.77	0.39	.99
48	TUNA, IN WATER	2.0/7.0OZ CAN	0.89	0.45	1.07
49	TURKEY, 4-8 POUNDS	2.0/POUND	0.79	0.40	1.09
50	TURKEY, 10-12 LBS	2.0/POUND	0.75	0.38	.99
51	TURKEY, 16-18 LBS	2.0/POUND	0.69	0.35	.89
52	VEAL SHOULDER RST BONE IN	2.0/POUND	1.99	0.99	2.69
54	VEAL RUMP ROAST WITH BONE	2.0/POUND	1.69	0.85	3.49
56	VIENNA SAUSAGE	1.0/5 OUNCES	0.43	0.43	.49

VEGETABLE-FRUIT GROUP I

VITAMIN C SOURCES

NEEDED: ONE SERVING PER PERSON PER DAY

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST		LOCAL COST 8/28/80
			/MU\$	/SU\$	
1	BROCCOLI, FRESH	6.2/24OZ BUNCH	0.89	0.14	.79
2	BROCCOLI, FROZEN	2.8/10 OZ PKG	0.59	0.21	.69
3	CABBAGE, FRESH, RAW	8.0/POUND	0.23	0.03	.25
4	CANTALOUPE, FRESH	4.0/ONE	0.99	0.25	1.29
5	CAULIFLOWER, FRESH	3.5/HEAD	2.00	0.57	1.69
6	COLLARDS, FRESH	2.5/10OZ PKG	0.34	0.14	.69
7	COLLARDS, FROZEN	3.0/10OZ PKG	0.25	0.08	.49
8	GRAPEFRUIT, FRESH	2.0/EACH	0.39	0.20	.49
9	GRAPEFRUIT, SECTIONS, CAN	3.8/16OZ CAN	0.55	0.14	.61
10	GRAPEFRUIT, JUICE, CANNED	11.5/46OZ CAN	0.69	0.06	.95
11	GRAPEFRUIT JUICE, FROZ CON	6.0/6OZ CAN	0.34	0.06	.47
12	KALE, FRESH	3.2/10OZ PKG	0.89	0.28	.69
13	KALE, FROZEN	2.3/10OZ PKG	0.37	0.16	.49
14	ORANGE, FRESH	1.0/EACH	0.17	0.17	.25
15	ORANGE, JUICE, FRO CON, STOR	6.0/6OZ CAN	0.38	0.06	.53
16	ORANGE, JUICE, FRO CON, STOR	12.0/12OZ CAN	1.30	0.11	.97
17	ORANGE, JUICE, CANNED	11.5/46OZ CAN	0.81	0.07	.89
18	ORANGE JUICE, FRO CON, NATL	6.0/6OZ CAN	0.45	0.08	.59
19	ORANGE JUICE, FRO CON, NATL	12.0/12OZ CAN	0.89	0.07	1.05
20	PEPPERS, GREEN RAW	2.0/EACH (MED)	0.33	0.16	.25
21	STRAWBERRIES, FRESH	4.0/PINT	0.69	0.17	.89
22	STRAWBERRIES, FROZEN	2.3/10OZ PKG	0.53	0.23	.79
23	STRAWBERRIES, FROZEN	3.5/16 OZ PKG	0.99	0.28	1.09
24	TOMATOES, FRESH	4.5/POUND	0.79	0.18	.79
25	TOMATO JUICE	7.7/46 OZ CAN	0.69	0.09	.73
26	TURNIP GREENS, FRESH	2.0/POUND	0.33	0.16	.69

VEGETABLE-FRUIT GROUP II

VITAMIN A SOURCES

NEEDED: FOUR SERVINGS PER PERSON PER WEEK

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST		LOCAL COST
			/MU\$	/SU\$	
1	APRICOTS, HALVES, CANNED	3.7/17 OUNCES	0.65	0.18	.49
2	APRICOTS, DRIED	6.0/11 OZ PKG	1.89	0.32	NA
3	BROCCOLI, FRESH	6.2/30OZ BUNCH	0.59	0.10	.79
4	BROCCOLI, FROZEN	2.8/10OZ PKG	0.59	0.21	.69
5	CANTALOUPE	4.0/ONE	0.90	0.23	1.29
6	CARROTS, FRESH	5.0/POUND	0.35	0.07	.39
7	CARROTS, CANNED, SLICED	3.5/16OZ CAN	0.39	0.11	.39
8	CARROTS, FROZEN, GLAZED	3.3/10OZ PKG	0.59	0.18	.40
9	COLLARDS, FRESH	2.5/10OZ	0.34	0.14	.69
10	COLLARDS, FROZEN	3.0/10OZ PKG	0.25	0.08	.49
11	COLLARDS, CANNED, CHOPPED	2.8/15OZ CAN	0.30	0.11	NA
12	KALE, FRESH	3.2/10OZ PKG	0.59	0.18	.69
13	KALE, FROZEN	2.3/10 OZ	0.37	0.16	.49
14	KALE, CHOPPED, CANNED	2.8/15 OZ CAN	0.30	0.11	.35
15	PUMPKIN, CANNED	3.5/16 OZ CAN	0.36	0.10	.59
16	SPINACH, FRESH, COOKED	2.5/10 OZ PKG	0.49	0.20	.89/ct
17	SPINACH, FROZEN, LEAF	2.5/10OZ PKG	0.37	0.15	.55
18	SPINACH, CANNED	2.8/15OZ CAN	0.41	0.15	.47
19	SQUASH, ACORN	2.0/POUND	0.39	0.20	.39
20	SQUASH, BUTTERNUT	2.3/POUND	0.29	0.13	.39
21	SWEET POTATO, CANNED	6.5/23OZ CAN	0.57	0.09	.87
22	SWEET POTATO, FRESH	3.0/POUND	0.29	0.10	NA
23	TURNIP GREENS, FRESH	1.3/10 OZ	0.49	0.38	.69
24	TURNIP GREENS, FROZEN	2.3/10OZ PKG	0.37	0.16	.49
25	TURNIP GREENS, CANNED	2.8/15 OZ CAN	0.30	0.11	.35
26	TURNIP GREENS, CANNED	5.0/29OZ CAN	0.47	0.09	NA

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST /LBS	COST /SUG	LOCAL COST 8/28/80
10.	APPLES, RED DELICIOUS	3.0/POUND	0.79	0.26	.89
11	APPLES, WINESAP	3.0/POUND	0.34	0.11	.39
12	APPLE, JUICE	8.0/32OZ CAN	0.89	0.11	NA
13	APPLE SAUCE	4.0/16.5OZ CAN	0.40	0.10	NA
14	ASPARAGUS, FRESH	3.5/POUND	0.99	0.28	NA
15	ASPARAGUS, CANNED	3.0/14.5OZ CAN	1.31	0.44	1.03
16	BANANA	3.0/POUND	0.39	0.13	.39
17	BEETS, CANNED, SLICED	3.5/16OZ CAN	0.25	0.07	.43
18	GREEN BEANS, FRESH	5.0/POUND	0.79	0.16	.69
19	BEANS, GREEN, CANNED, CUT	1.8/8OZ CAN	0.27	0.15	.36
20	GREEN BEANS, CANNED	3.5/16 OZ CAN	0.43	0.12	.39
21	GREEN BEANS, FROZEN	3.3/9OZ PKG	0.45	0.14	.53
22	BLACKBERRIES, CANNED	3.8/16OZ CAN	0.89	0.23	1.57
23	BLUEBERRIES, CANNED	3.5/16 OUNCE	1.45	0.41	.99
24	BLUEBERRIES, FROZEN	6.4/10OZ PKG	0.89	0.14	NA
25	CAULIFLOWER, FROZEN	3.0/10OZ PKG	0.57	0.19	.69
26	CELERY HEARTS	8.0/BUNCH	1.00	0.13	.59
27	CHERRIES, DARK SWEET	3.5/17OZ CAN	0.95	0.27	.97
28	CHERRIES, SOUR, PITTED	3.5/16OZ CAN	0.99	0.28	1.41
29	FRUIT COCKTAIL, CANNED	4.0/17OZ CAN	0.53	0.13	.55
30	CORN, FRESH	1.0/1 EAR	0.16	0.16	.13
31	CORN, WHOLE GRAIN, CANNED	4.0/17OZ CAN	0.40	0.10	.39
32	CORN, CREAM STYLE, CANNED	4.0/17OZ CAN	0.40	0.10	.39
33	CORN, WHOLE GRAIN, FROZEN	3.0/10OZ PKG	0.40	0.13	.40
34	CRANBERRIES, FRESH	16.0/POUND	0.49	0.03	NA
35	CRANBERRY JUICE COCKTAIL	8.0/32OZ JAR	0.89	0.11	1.09
36	CUCUMBER	3.0/EACH	0.50	0.17	.25
37	EGGPLANT	4.0/EACH	0.50	0.13	.49/26
38	CRANBERRY SAUCE	3.3/16OZ CAN	0.45	0.14	.57
39	GRAPE JUICE, CANNED	6.0/24 OZ JAR	0.89	0.15	.95
40	GRAPE JUICE, FROZ CON	6.0/6OZ CAN	0.39	0.07	.40
41	GRAPES, WHITE, SEEDLESS	5.0/POUND	1.50	0.30	.98
42	LETTUCE	6.0/HEAD	0.99	0.17	.66
43	LIMA BEANS, CANNED	3.8/16OZ CAN	0.55	0.14	.59
44	LIMA BEANS, FROZEN	3.3/10OZ PKG	0.59	0.18	.63
45	OKRA	4.5/POUND	0.89	0.20	NA
46	ONIONS, WHITE	3.5/POUND	0.59	0.17	.40
47	PARSNIPS, FRESH	4.0/POUND	0.99	0.25	NA
48	PEACHES, FRESH	4.0/POUND	0.49	0.12	.59
49	PEACHES, HALVES, CAN, NATL	3.5/16OZ CAN	0.50	0.14	.63
50	PEACH SLICES, STORE BRAND	4.0/17 OZ CAN	0.49	0.12	.50
51	PEACHES, SLICES, CAN, NATL	2.0/8 OUNCES	0.38	0.19	.47
52	PEACHES, SLICED, CAN, NATL	4.0/16 OZ CAN	0.50	0.13	.63
53	PEACHES, SLICES, CAN, NATL	6.0/29 OZ CAN	0.69	0.12	.93
54	PEARS, BARLETT, FRESH	1.0/ONE	0.05	0.05	.49/26
55	PEARS, HALVES, CANNED	3.0/16OZ CAN	0.55	0.18	.59
56	GREEN PEAS, FRESH	2.0/POUND	0.69	0.35	NA
57	PEAS, GREEN, CANNED	2.0/8.5OZ CAN	0.30	0.15	.25
58	GREEN PEAS, CANNED	4.0/17OZ CAN	0.45	0.11	.43
59	GREEN PEAS, FROZEN	3.3/10OZ PKG	0.47	0.14	.40
60	PINEAPPLE, FRESH	7.3/ONE	0.99	0.14	1.49
61	PINEAPPLE, CRUSHED, CANNED	2.0/8.25OZ CAN	0.38	0.19	.45
62	PINEAPPLE, CRUSHED, CANNED	3.6/16 OUNCES	0.63	0.18	.61
63	PINEAPPLE, SLICED, CANNED	4.2/16 OUNCES	0.59	0.14	.61
64	PINEAPPLE, CHUNKS, CANNED	3.6/16 OUNCES	0.59	0.16	.61
65	PINEAPPLE, JUICE, CANNED	11.5/46OZ CAN	0.69	0.06	1.17
66	POTATO, BAKING	20.0/5 POUNDS	1.29	0.06	1.69
67	POTATOES, REGULAR	20.0/5 POUNDS	0.79	0.04	1.69
68	POTATOES, REGULAR	40.0/10 POUNDS	1.09	0.03	1.59
69	POTATO, INSTANT, WASHED	22.0/POUND PKG	1.21	0.06	NA
70	POTATOES, FRNCH FRZ, NATL	3.3/9 OZ PKG	0.23	0.07	.65
71	POTATOES, FRNCH FRZ, NATL	12.0/32 OZ PKG	0.70	0.06	1.29
72	PRUNES, DRIED	9.0/16OZ PKG	0.99	0.11	1.29
73	PRUNES, CANNED	3.5/16OZ CAN	0.79	0.23	NA
74	PRUNES, JUICE	10.0/40OZ CAN	0.93	0.09	1.09
75	RADDISHES	5.0/6 OZ PKG	0.40	0.08	.34
76	RUTABAGA, FRESH	3.5/POUND	0.99	0.28	NA
77	RAISINS	6.0/15 OZ	1.47	0.25	1.85
78	SAUERKRAUT, CANNED	4.0/16OZ CAN	0.33	0.08	.39
79	SQUASH, YELLOW	3.5/POUND	0.79	0.23	.49
80	SQUASH, ZUCCHINI	3.5/POUND	0.69	0.20	.49
81	TOMATOES, CANNED	3.8/16 OUNCES	0.53	0.14	.37
82	TURNIPS	3.0/POUND	0.39	0.13	NA
83	WATERMELON	1.0/POUND	0.29	0.29	.15

BREAD AND CEREAL GROUP

NEEDED: FOUR SERVINGS PER PERSON PER DAY

NO.	ITEM DESCRIPTION	NUMBER OF SERVINGS PER MARKET UNIT	COST /MU\$	COST /SU\$	LOCAL COST 8/18/80
1	BISCUITS, CANNED	10.0/9.50Z CAN	0.43	0.04	NA
2	BISCUITS, ALL-PURPOSE MIX	50.0/400Z	1.15	0.02	1.53
3	BREAD, WHITE, ENRICHED	20.0/20 OUNCES	0.59	0.03	.79
4	BREAD, WHITE, ENRICHED	15.0/1 POUND	0.40	0.03	.37
5	BREAD, RYE, ENRICHED	23.0/1 POUND	0.50	0.02	.87
6	BREAD, FRENCH	16.0/1 POUND	0.63	0.04	.69/200g
7	BREAD, RAISIN	18.0/1 POUND	0.79	0.04	1.09
8	BRAN FLAKES	16.0/160Z	0.79	0.05	1.15
9	CORN FLAKES, FROSTED	15.0/150Z	0.91	0.06	1.29
10	CORN FLAKES, NAT'L	12.0/120Z	0.57	0.05	.83
11	CORN FLAKES, NAT'L	18.0/180Z	0.75	0.04	1.15
12	CORN FLAKES, NAT'L	8.0/8 PACK	0.77	0.10	NA
13	CORN FLAKES, STORE	12.0/120Z	0.41	0.03	.75
14	CORN FLAKES, STORE	18.0/180Z	0.60	0.03	.99
15	CORNMEAL	90.0/5 POUNDS	1.09	0.01	1.43
16	CORNMEAL	36.0/2 POUNDS	0.59	0.02	NA
17	CORNMEAL, SELF-RISING	90.0/5 POUNDS	1.05	0.01	1.55
18	CORNMEAL, PLAIN	180.0/10 POUNDS	2.15	0.01	NA
19	CORNMEAL, SELF-RISING	36.0/2 POUNDS	0.49	0.01	.69
20	CRACKERS, SALTINES	40.0/1 LB	0.73	0.02	.79
21	FLOUR, ALL-PURPOSE	48.0/2 POUNDS	0.47	0.01	.55
22	FLOUR, ALL-PURPOSE	120.0/5 POUNDS	0.89	0.01	1.03
23	FLOUR, ALL-PURPOSE	240.0/10 POUNDS	1.31	0.01	2.05
24	FLOUR, ALL-PURPOSE	600.0/25 POUNDS	3.67	0.01	5.19
25	FLOUR, SELF-RISING	48.0/2 POUNDS	0.47	0.01	NA
26	CREAM OF WHEAT, QUICK	42.0/280Z	0.89	0.02	1.19
27	GRITS, QUICK	21.5/240Z	0.53	0.02	.69
28	MACARONI, ELBOW	18.0/160Z	0.57	0.03	.69
29	NOODLES, EGG	16.0/160Z	0.75	0.05	.79
30	OATMEAL, INSTANT	10.0/100Z	0.75	0.08	1.05
31	OATMEAL, QUICK, NAT'L	13.0/180Z	0.59	0.05	.83
32	OATMEAL, QUICK, NAT'L	30.0/420Z	1.49	0.05	1.53
33	OATMEAL, QUICK, STORE	13.0/180Z	0.57	0.04	.75
34	PANCAKES, MIX	40.0/2 POUNDS	0.79	0.02	.95
35	PANCAKES, ALL-PURPOSE MIX	100.0/5 LB	1.59	0.02	NA
36	RICE, NAT'L BRAND	24.0/320Z	1.09	0.05	1.59
37	RICE, STORE BRAND	24.0/320Z	0.79	0.03	.89
38	RICE, QUICK	10.5/140Z	0.79	0.08	1.05
39	ROLLS, DINNER CANNED	8.0/80Z	0.54	0.07	NA
40	ROLLS, DINNER, BROWN & SERVE	12.0/110Z PKG	0.36	0.03	.69
41	ROLLS, HAMBURGER	12.0/180Z PKG	0.59	0.05	.75
42	ROLLS, HOT DOG	12.0/150Z PKG	0.59	0.05	.75
43	SHREDDED WHEAT, NAT'L	12.0/120Z	0.67	0.06	.97
44	SHREDDED WHEAT, NAT'L	18.0/180Z	0.91	0.05	1.35
45	SPAGHETTI	18.0/160Z	0.57	0.03	.69
46	WHEAT FLAKES	12.0/120Z	0.69	0.06	.88

MISCELLANEOUS

FOODS IN THIS GROUP ARE NEEDED IN FOOD PREPARATION AND TO ROUND OUT MEALS. COST PER CUP IS SHOWN FOR MOST FOODS. THIS INFORMATION SHOULD HELP IN FIGURING THE COST OF HOME PREPARED DISHES.

Q.	ITEM DESCRIPTION	NUMBER OF CUPS PER MARKET UNIT	COST /MU\$	COST /CUP	LOCAL COST 8/28/80
1	BACON	10.0/POUND	1.59	0.16	1.79
2	BAKING POWDER	1.0/8OZ	0.45	0.45	NA
3	BEER	6.0/6 12OZ CAN	1.59	0.27	2.84
4	BUTTER, NATIONAL BRAND	2.0/1 LB	1.35	0.68	1.95
5	BUTTER, STORE BRAND	2.0/POUND	1.29	0.65	1.69
6	COLA BEVERAGES, 8 PACK	16.0/8 16 OZ BD	1.19	0.07	1.69
7	COFFEE	58.0/16 OUNCES	3.49	0.06	3.04
8	COFFEE, INSTANT	90.0/6 OUNCES	3.39	0.04	2.99
9	COCOA	2.0/1 POUND	3.09	1.55	3.51
10	CATSUP, NATIONAL BRAND	3.0/26 OUNCES	0.79	0.26	NA
11	CATSUP, STORE BRAND	3.0/26 OUNCES	0.83	0.28	NA
12	CORN STARCH	3.5/POUND	0.47	0.13	.53
13	CREAM CHEESE	1.0/8 OUNCES	0.69	0.69	.67
14	FLOUR, CAKE	9.5/2 LBS	0.79	0.08	NA
15	FRENCH DRESSING	1.0/8 OZ	0.63	0.63	.69
16	GELATIN, FLAVORED	4.0/3 OZ	0.24	0.06	.31
17	GELATIN, FLAVORED	8.0/6OZ PKG	0.45	0.06	.59
18	HONEY	1.3/16OZ	1.19	0.92	1.33
19	HYDROGENATED FAT	2.5/1 LB	0.73	0.29	1.05
20	HYDROGENATED FAT	7.5/3 LBS	1.69	0.23	1.99
21	JELLY, GRAPE	1.0/10OZ	0.95	0.95	.67
22	LARD	2.0/1 LB	0.49	0.25	.59
23	LARD	8.0/4 LBS	2.09	0.26	2.49
24	MARGARINE, NATIONAL BRAND	2.0/1 LB	0.65	0.33	.69
25	MARGARINE, STORE BRAND	2.0/1 POUND	0.59	0.30	.57
26	MARGARINE, CORN OIL	2.0/1 POUND	0.85	0.43	.89
27	MARGARINE, SOFT CUP	2.0/POUND	0.95	0.48	.75
28	MAYONNAISE, NATL	1.0/8 FL OZ	0.55	0.55	.65
29	MAYONNAISE, NATL BRAND	2.0/16 FL OZ	0.83	0.42	.99
30	MAYONNAISE, NATL BRAND	4.0/32 FL OZ	1.39	0.35	1.59
31	MAYONNAISE, STORE BRAND	4.0/32 FL OZ	1.34	0.34	1.35
32	MUSTARD	1.0/9 OUNCES	0.35	0.35	.35
33	MUSTARD	3.0/24 OUNCES	0.69	0.23	NA
34	OIL	2.0/16 FL OZ	0.79	0.40	.95
35	OIL, CORN	3.0/24 FL OZ	1.05	0.35	NA
36	PEPPER, BLACK	12.0/4OZ	0.89	0.07	1.29
37	PICKLES, WHOLE DILL	1.0/32OZ	0.99	0.99	1.37
38	PICKLES, WHOLE SWEET	1.0/32 OUNCES	1.33	1.33	NA
39	POTATO CHIPS	1.0/9 OUNCES	0.95	0.95	NA
40	SALT, IODIZED	1.5/26 OUNCES	0.23	0.15	.25
41	SUGAR, BROWN	4.5/2 POUNDS	0.93	0.21	1.43
42	SUGAR, CONFECTIONERS	3.5/2 POUNDS	0.93	0.27	1.79
43	SUGAR, GRANULATED	11.3/5 POUNDS	1.15	0.10	2.39
44	SUGAR, GRANULATED	22.6/10 POUNDS	2.09	0.09	4.77
45	SUGAR, GRANULATED	56.5/25 POUNDS	5.89	0.10	NA
46	SUGAR, GRANULATED	4.5/2 POUNDS	0.69	0.15	1.75
47	TEA, BAGS	48.0/48 BAGS	1.29	0.03	1.27
48	TOMATO SAUCE	1.9/15 OUNCES	0.49	0.26	.35
49	SYRUP, CORN	4.0/2 POUNDS	1.25	0.31	1.57
50	VINEGAR, CIDER	2.0/16 FL OZ	0.39	0.20	.49

• FOOD BUYING FOR GOOD NUTRITION V75.3.28

DO YOU WISH AN EXPLANATION OF THIS PROGRAM?

=N

DO YOU HAVE OUR LIST OF ITEMS AVAILABLE IN THE STORE?

=Y

*Week 1 with
local prices*

ENTER YOUR NAME (20 CHARS)

=LOIS HUNGATE

ENTER YOUR ST. OR P.O. BOX ADDRESS (20 CHARS)

=4923 LARWELL DR

ENTER YOUR CITY, STATE (20 CHARS)

=COLUMBUS, OH

ENTER YOUR ZIPCODE

=43220

HOW MANY PEOPLE ARE IN YOUR HOUSEHOLD?

=4

HOW MANY OF THESE ARE TEENAGERS, PREGNANT WOMEN OR NURSING WOMEN?

=1

WHAT IS THE AMOUNT OF YOUR BUDGET

ALLOTTED FOR FOOD EXPENDITURES THIS WEEK?

=58.50

BEGIN SHOPPING.....

IF DESIRED YOU HAVE THE OPTION WHEN ORDERING FOODS
TO USE A LOCAL PRICE FOR EACH ITEM.

ENTER ITEM NO., NO. OF SERVINGS, LOCAL PRICE OF ITEM (OPTIONAL) & RETURN.

A ZERO FOR ITEM NO. WILL HALT ORDERING FROM A FOOD GROUP.

MILK GROUP

NEEDED: TWO SERVINGS PER PERSON PER DAY AND TWO ADDITIONAL SERVINGS
PER DAY FOR EACH TEENAGER, PREGNANT WOMAN AND NURSING WOMAN OR

70 SERVINGS FOR THE HOUSEHOLD FOR A WEEK.

=029,20,.65

=14,18,.95

=17,6,1.98

=23,30,1.09

=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?

=N

YOUR SELECTIONS HAVE MET OR EXCEEDED

MINIMUM NUTRITIONAL REQUIREMENTS FOR THIS GROUP.

YOU HAVE ORDERED 74.0 SERVING UNIT.

YOU HAVE SELECTED 4.0 SERVINGS FROM THIS GROUP ABOVE
REQUIREMENTS FOR YOUR FAMILY.

ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 11.35 ON THIS GROUP

TOTAL EXPENDITURES = 11.35

REMAINING PORTION OF FOOD BUDGET = 47.15

MEAT GROUP

NEEDED: TWO SERVINGS PER PERSON PER DAY OR
56 SERVINGS FOR THE HOUSEHOLD FOR A WEEK.

=9.2,1.59

=35.3,.69

=26.8,2.19

=14.5,.93

=12.2,1.49

=47.2,.99

=22.7,.83

=37.3,.89

=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?

=N

YOU HAVE ORDERED 32.0 SERVING UNIT.

THIS ASSUMES THAT YOU WILL PROVIDE 24.0 ADDITIONAL SERVINGS
FROM THIS GROUP FROM ITEMS ON HAND OR OTHER SOURCES.
ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 18.86 ON THIS GROUP

TOTAL EXPENDITURES = 30.21

REMAINING PORTION OF FOOD BUDGET = 28.29

VEGETABLE-FRUIT GROUP I VITAMIN C SOURCES

NEEDED: ONE SERVING PER PERSON PER DAY OR
28 SERVINGS FOR THE HOUSEHOLD FOR A WEEK.

=3.10,.25

=24.5,.79

=14.2,.25

=2.3,.69

=16.12,.97

=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?

=N

YOUR SELECTIONS HAVE MET OR EXCEEDED
MINIMUM NUTRITIONAL REQUIREMENTS FOR THIS GROUP.

YOU HAVE ORDERED 32.0 SERVING UNIT.

YOU HAVE SELECTED 4.0 SERVINGS FROM THIS GROUP ABOVE
REQUIREMENTS FOR YOUR FAMILY.

ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 4.93 ON THIS GROUP

TOTAL EXPENDITURES = 35.14

REMAINING PORTION OF FOOD BUDGET = 23.36

VEGETABLE-FRUIT GROUP II VITAMIN A SOURCES

NEEDED: FOUR SERVINGS PER PERSON PER WEEK OR
16 SERVINGS FOR THE HOUSEHOLD FOR A WEEK.

=6.3,.39

=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?

=N

YOU HAVE ORDERED 3.0 SERVING UNIT.

THIS ASSUMES THAT YOU WILL PROVIDE 13.0 ADDITIONAL SERVINGS
FROM THIS GROUP FROM ITEMS ON HAND OR OTHER SOURCES.
ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 0.39 ON THIS GROUP
TOTAL EXPENDITURES = 35.53
REMAINING PORTION OF FOOD BUDGET = 22.97

VEGETABLE-FRUIT GROUP III

NEEDED: 68 ADDITIONAL SERVINGS TO COMPLETE REQUIREMENTS.

=18,8,.59
=34,6,.69
=39,3,.40
=62,21,1.59
=2,6,.39
=8,6,.39
=47,3,.16
=12,3,.39
=51,4,.43
=75,4,.37
=46,6,.93
=71,1,1.85

=0
DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?
=N

YOUR SELECTIONS HAVE MET OR EXCEEDED
MINIMUM NUTRITIONAL REQUIREMENTS FOR THIS GROUP.

YOU HAVE ORDERED 71.0 SERVING UNIT.
YOU HAVE SELECTED 3.0 SERVINGS FROM THIS GROUP ABOVE
REQUIREMENTS FOR YOUR FAMILY.
ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 9.65 ON THIS GROUP
TOTAL EXPENDITURES = 45.18
REMAINING PORTION OF FOOD BUDGET = 13.32

BREAD AND CEREAL GROUP

NEEDED: FOUR SERVINGS PER PERSON PER DAY OR
112 SERVINGS FOR THE HOUSEHOLD FOR A WEEK.

=21,27,.55
=34,6,.95
=19,11,.69
=33,7,.75
=14,18,.99
=28,15,.69
=37,5,.89
=4,88,.36
=1,8,
=20,10,.79
=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?
=N

YOUR SELECTIONS HAVE MET OR EXCEEDED
MINIMUM NUTRITIONAL REQUIREMENTS FOR THIS GROUP.

YOU HAVE ORDERED 195.0 SERVING UNIT.
YOU HAVE SELECTED 83.0 SERVINGS FROM THIS GROUP ABOVE
REQUIREMENTS FOR YOUR FAMILY.
ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 8.89 ON THIS GROUP
TOTAL EXPENDITURES = 54.07
REMAINING PORTION OF FOOD BUDGET = 4.43

MISCELLANEOUS GROUP

ENTER ZERO FOR ITEM NUMBER TO STOP ORDERING.

FOODS IN THIS GROUP ARE NEEDED IN FOOD PREPARATION AND TO ROUND OUT MEALS. COST PER CUP IS SHOWN FOR MOST FOODS. THIS INFORMATION SHOULD HELP IN FIGURING THE COST OF HOME PREPARED DISHES.

=25,2,.57

=34,1,.95

=19,1,1.05

=28,1,.65

=15,1,.69

=43,4,2.39

<< YOU HAVE SPENT ALL OF YOUR FOOD ALLOWANCE>>>

=41,1,1.63

=18,8,.31

=21,1,.67

=49,1,1.57

=37,1,1.37

=8,14,2.99

=47,14,1.27

=2,1,

=36,1,1.29

=40,1,.25

=0

DO YOU WISH TO SELECT ADDITIONAL ITEMS FROM THIS GROUP?

=N

YOU HAVE ORDERED 53.0 SERVING UNIT.

ORDERING FOR THIS GROUP HAS BEEN COMPLETED.

YOU HAVE SPENT 18.41 ON THIS GROUP

TOTAL EXPENDITURES = 72.48

REMAINING PORTION OF FOOD BUDGET = 0.

THE SHOPPING LIST WILL SHOW THE AMOUNTS YOU NEED TO BUY FOR THE
SERVINGS SELECTED. IT IS NOT ALWAYS POSSIBLE TO BUY JUST
THE NUMBER OF SERVINGS NEEDED. YOU MAY WANT TO USE SOME FOODS
MORE OFTEN IN ORDER TO USE UP FOOD ON HAND.

SHOPPING LIST FOR:

1015 HUNGATE

423 LARWELL DR

COLUMBUS, OH

43220

ITEM	AMOUNT	SERVINGS	COST
CHEESE, PROCESS	3.000 8OUNCES	24.0	2.85
ICE CREAM, STORE BRAND	1.000 HALF GALLO	12.0	1.98
MILK, NONFAT DRY, RECONST	3.000 3 QT	36.0	3.27
MILK, FRESH, WHOLE, STORE	5.000 QT	20.0	3.25
GROUND BEEF, REGULAR	1.000 POUND	4.0	1.59
MILDENNA	1.000 POUND	5.0	1.49
CHICKEN, FRYERS, WHOLE	3.000 POUND	6.0	2.79
EGGS, GRADE A, LARGE	2.000 DOZ	12.0	1.66
HAM, SMOYED PICNIC, BONE	4.000 POUND	10.0	8.76
LIVER, PORK	1.000 POUND	4.0	0.69
PEANUT BUTTER	1.000 12OZ JAR	5.3	0.89
TUNA, CHUNK	1.000 6.5OZ CAN	2.0	0.99
BROCCOLI, FROZEN	2.000 10 OZ PKG	5.6	1.38
CABBAGE, FRESH, RAM	2.000 POUND	16.0	0.50
ORANGE, FRESH	2.000 EACH	2.0	0.50
ORANGE, JUICE, FRO CON, STOR	1.000 12OZ CAN	12.0	0.97
TOMATOES, FRESH	2.000 POUND	9.0	1.58
CARROTS, FRESH	1.000 POUND	5.0	0.39
APPLES, WINESAP	2.000 POUND	6.0	0.78
BANANA	2.000 POUND	6.0	0.78
GREEN BEANS, CANNED	1.000 16 OZ CAN	3.5	0.39
CELERY HEARTS	1.000 BUNCH	8.0	0.59
LETTUCE	1.000 HEAD	6.0	0.69
ONIONS, WHITE	1.000 POUND	3.5	0.40
PEACHES, SLICES, CAN, NATL	1.000 29 OZ CAN	6.0	0.93
PEARS, BARLETT, FRESH	3.000 ONE	3.0	0.48
GREEN PEAS, CANNED	1.000 17OZ CAN	4.0	0.43
POTATOES, REGULAR	1.000 10 POUNDS	40.0	1.59
RAISING	1.000 15 OZ	6.0	1.85
TOMATOES, CANNED	2.000 16 OUNCES	7.6	0.74
BISCUITS, CANNED	1.000 9.5OZ CAN	10.0	0.43
BREAD, WHITE, ENRICHED	6.000 1 POUND	90.0	2.16
CORN FLAKES, STORE	1.000 18OZ	18.0	0.99
CORNMEAL, SELF-RISING	1.000 2 POUNDS	36.0	0.69
CRACKERS, SALTINES	1.000 1 LB	40.0	0.79
FLOUR, ALL-PURPOSE	1.000 2 POUNDS	48.0	0.55
MACARONI, ELBOW	1.000 16OZ	18.0	0.69
ORATMEAL, QUICK, STORE	1.000 18OZ	13.0	0.75
PANCAKES, MIX	1.000 2 POUNDS	40.0	0.95
RICE, STORE BRAND	1.000 32OZ	24.0	0.89
SPINING POWDER	1.000 8OZ	1.0	0.45
COFFEE, INSTANT	1.000 6 OUNCES	90.0	2.99
RENCH, DRESSING	1.000 8 OZ	1.0	0.69
RELATIN, FLAVORED	2.000 3 OZ	8.0	0.62
HYDROGENATED FAT	1.000 1 LB	2.5	1.05
JELLY, GRAPE	1.000 10OZ	1.0	0.67
MARSHALINE, STORE BRAND	1.000 1 POUND	2.0	0.57
MAISONNAISE, NATL	1.000 8 FL OZ	1.0	0.65
OIL	1.000 16 FL OZ	2.0	0.95
PEPPER, BLACK	1.000 4OZ	12.0	1.29
PICKLES, WHOLE DILL	1.000 32OZ	1.0	1.37
SALT, IODIZED	1.000 26 OUNCES	1.5	0.25
SUGAR, BROWN	1.000 2 POUNDS	4.5	1.63
SUGAR, GRANULATED	1.000 5 POUNDS	11.3	2.39
TEA, BAGS	1.000 48 BAGS	48.0	1.27
WYRUP, CORN	1.000 2 POUNDS	4.0	1.57

YOUR TOTAL BILL IS...

FOOD BUDGET EXCEEDED BY AMOUNT

\$ 72.48

\$ 13.98

END OF PROGRAM

* \$1.14 IS APPROXIMATE COST FOR GROCER